

Grass Roots

Craft and self-sufficiency

For down to earth people

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New Zealand Edition

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**Cool Climate
Exotic Fruits**

•
**Edible
Asian Herbs**

•
**Multiple
Occupancy**

•
**DIY
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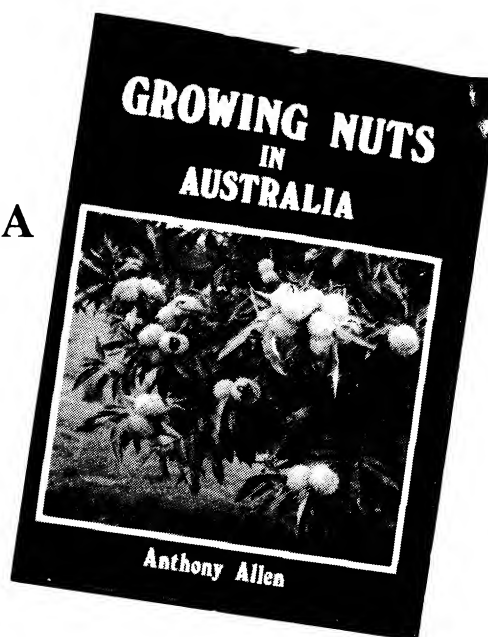
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Front Cover: Traditionally such a mouth-watering harvest has been the prerogative of those living in the sunny tropics, however, the creation of a suitable microclimate can allow many temperate area gardeners to enjoy some of the same tropical delights. See Cecil Falls' article on page 15 to find out how.

Back Cover: A chook house that's aesthetically pleasing, provides a safe dry haven for its occupants and costs almost nothing to build. Sounds impossible? Read Keith Wiltshire's article on page 38 to see how it was achieved.

Distributed by Gordon and Gotch.

Feedback Link-Up Feedback

Dear GR Readers,

If anybody could pass on any information about WOODFIRED POTTERY KILNS it would be very much appreciated.

Amanda Whinfield

11 Charles St, GREENSBOROUGH 3088.

Dear Grass Roots Readers,

My husband and I have recently bought 4 acres near Scone, NSW. There is a large CAROB tree on the property. I know the carob bean is high in protein and was often fed to cattle, but I would like to know how to make carob powder to use in cooking. We hope to move onto our little property within the next two years so we will be buying GR regularly for ideas and interesting reading.

Mrs Yoki Blank

53 Elizabeth St, FLORAVILLE 2280.

Dear GR Readers,

I have a WHEAT AND DAIRY ALLERGY. Does anybody have a good recipe for baking powder that works? Also, does anybody have a recipe for ice cream – no sugar, or dairy? I would like to hear from anyone who has made their own nut butter. Can you use a coffee grinder to grind nuts? Does anyone have a good recipe for wheat/yeast/sugar-free bread?

Julie Hill

7 Challinor St, GRAFTON 2460.

Dear GR Readers,

Is there anyone out there who has built or who is building a LOAD-BEARING MUD BRICK HOUSE in the Eurobodalla Shire of southern NSW? If there is I would love to hear from you about your experiences and any major problems you may have had. I am looking for a minimum 5 acre block around Narooma on which to build a passive solar mud brick house, hopefully self-sufficient in

power and water and also using permaculture principles to provide most of my food needs.

Has anyone any experience of building a COMPOSTING TOILET in this area? If so, could you let me know how you get them approved and what design you used. Are there any designs around for use with a concrete slab on ground I wonder?

Finally, does anyone know of any land for sale in the Narooma area that might be of interest to me? I look forward to hearing from you.

Brian

PO Box 149, CURTIN 2605.

To The Editor,

My boyfriend and I have recently purchased our dream 25 acres on the northern NSW coast, where we eventually plan to build. In the meantime we (plus one son and one dog) want to move close to our block in 1993. We would like to rent/share a house in the vicinity of Harwood/Chatsworth Island Schools, or on the school bus route, so my 8 year old son can attend school there. This is where he will go once we move to our block. We want to be close to our land so we can establish a permaculture garden, put up a shed etc. Paul is a builder so he can do any house repairs needed if required in a rental house.

I would also like to hear from anyone who can advise me on using HUMAN WASTE IN THE GARDEN without purchasing a commercial composting toilet (not in our budget just yet). We planned to build an outhouse with a hole in the ground, which from previous experience all trees and plants seem to flourish around, but if we can use the waste in the vegie/fruit garden we will. The only thing is, I have heard there is some organism in human waste that is not safe untreated in the vegie garden and can cause disease. If it is quite safe to compost human waste before digging it into the garden would you use it in the same manner as animal manure?

Also, does anyone know of a good WINE MAKING instruction book I could purchase? Please drop me a line re any of the above.

Jane Beeby

PO Box 893, MOUNT GRAVATT 4122.

Dear GR,

The article by 'The Stock Camp Cook', Mt Isa could almost have been written by my dad or myself. He, 'The Cook', and my dad were in the cooking game in Europe. My dad was a ship's cook on *The Castle* – 960 migrants. They hired crew for one way only, so Pop left his safe and secure work as a baker/pastrycook/cook and set sail in 1911, thinking he could look around Australia, then head for home and comfort.

He carried his bluey, cooking in restaurants in Sydney and Brisbane where 1000 meals were cooked for the evening meal. Then off to Mt Morgan to cook in a pub and onto cattle stations and so forth. Then he decided to go back to the old country. Arriving back in Sydney, he was told, 'Fat chance you got mate. The last ship left a month ago. There's a war on, started a week ago'.

My Pop and I also were handful and billy can full etc type of cooks, though I had a fair idea how many ounces each held. I've cooked bread and damper in the camp oven and once a turkey and four chooks all at once in a giant camp oven for a wedding.

In the Queensland outback, years ago, we made a sauce out of Worcester sauce and plum jam and reared turkey chicks on mashed hard boiled eggs with chopped raw onion added. After dipping chooks in boiling water we wrapped them in a sack and left them for about an hour before plucking.

Also, CALVES WITH SCOURS can be fed oat bran several times daily till over the scours. I mix raw eggs and pure milk and a little olive oil and a pinch of salt and water and feed to weak young calves. When I buy from the saleyard, they often have scours or are weak.

RE LILLY PILLY JELLY: For the jelly I would just boil and use the water and lemon juice mix the same as for apple skin jelly. For the lilly pilly jam I boil them in very little water and rub the flesh off the seeds, add juice and sugar cup for cup. So I see no reason not to boil in lemon juice then add sugar after straining out cooked lilly pilly. I only ever experiment with food and rarely have a mess up.

M I Rhodes-Round
St Barts, LORNE 2439.



Edited by Megg Miller and Mary Horsfall.

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Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd

The publishers and staff of *Grass Roots* take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do they accept responsibility for the accuracy of statements made by the many contributors.

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Feedback Link-Up Feedback

Dear GR Readers,

I have a small problem that I'm sure someone out there can solve for me. When I was a youth my father used to buy a magazine called *Radio And Hobbies* and in one copy was a circuit for a CRYSTAL SET that worked a loudspeaker. I built one and it worked quite well, although not very loud. I used to place it by my bed and listen till I fell asleep. I would appreciate it if someone could supply me with a circuit of such a crystal set. Also if someone has a book called *Radios That Work For Free*, I would be pleased to purchase it.

Don Reynolds

Lot 5, Green Gully Rd, GREEN GULLY 2850.

Hi,

I am writing to say thank you to all the people who answered my letter. I have had many replies. I am slowly making the change to becoming a vegetarian. It can be hard, especially living in an area that is so short of fresh fruit and vegetables. Thank you to Ray Rowlands who sent me a book, also to Molly at St Barts, C Franklin, and Vicki who sent me a long list of books to read.

We are moving towards having our house kit paid for and the slab being put down soon. Although it is in town we have many plans especially for the soil. It is white sand. We hope to compost and also grow some fruit trees. We also hope to retain some of the native bush.

Rosemary Turner

Parron PI, BADGINGARRA 6521.

It is so nice that people are taking the trouble to thank each other for help rendered via the Feedback pages, however, we would appreciate it if thank yous were made via personal letters so that Feedback space is conserved for matters of more general interest.

Dear GR,

Regarding Clive and Margo Lloyd's letter (GR No 92). I have a YANES BRAND GAS IRON (code 4400) which is compatible with our Companion gas cylinder. We had to buy a little attachment to fit the cylinder through. The distributor is A R Simpson Holdings Pty Ltd, 8 Trenerry Crescent, Abbotsford 3067. Ph: 03-419-6055.

Here is my Dad's SAMOSA recipe. Pastry: 250 g (1/2 lb) plain flour, 250 g (1/2 lb) SR flour, 30 g (1 oz) ghee (or oil), 4 tbsp yoghurt, extra milk if needed, 1/2 tsp salt. Mix, knead till smooth, hold for 1 hour or longer to mature.

Filling: 60 g (2 oz) ghee (or oil), 1 onion, 625 g (1 1/4 lb) boiled dried potatoes, 2 chillies (optional), 250 g (1/2 lb) peas boiled, 1 1/2 tsp garam masala (from supermarket or make yourself), 1/2 tsp minced garlic, pinch salt, 1 tbsp chopped fresh coriander leaves, 1/2 tsp curry powder, 1/2 tsp fresh ginger grated, juice 1/2 lemon and grated lemon peel, 10 cardamom, ground, 1 anise, crown star, ground. Fry onions, garlic, masala, chillies etc, cool. Add potato and peas. Roll out large walnut size piece of dough to size of saucer. Fill with mix and form into triangles, seal with water. Fry in deep oil at 180°C (360°F). (For meat samosas add fried minced topside to above).

Garam masala is made from ground spices as follows: 1 tbsp cardamom seeds, 5 cm stick cinnamon, 1 tsp black or regular cummin seeds, 1 tsp whole cloves, 1 tsp black peppercorns, 1/4 of an average sized nutmeg. Store excess in airtight jar.

Mandy Hawkswood

15 Cootamundra Cr, BLACKBURN NORTH 3130.

Hi Everyone,

After being an addict of *Grass Roots* for the last eleven years I am finally taking out a subscription. We, (self, husband, two teenagers) have been in Lae, PNG for 18 months now and love it. We will be here at least until the end of 1993, and possibly two more years after that. I know there are GR readers up here as the magazine disappears quickly once it gets here. I have noticed in Feedback people asking for recipes for yeastless bread, the following are Maori recipes from a book on cuisine of the South Pacific.

MAORI POTATO BREAD: Leavening - 3 slices potato, 1 tsp sugar, 2 cups flour. Boil the potato slices in 1 cup *unsalted* water and mash in water, leave until lukewarm. Mix in sugar and flour and form a firm dough, add more water if required. Cover and leave in warm place to rise.

Bread - 5 cups flour, 1 tsp salt, 1 tsp baking soda, leavening (as

above). Put flour and salt in bowl and make a well in centre. Put leavening in, sprinkle baking soda over all, add more warm water if necessary, mix and knead lightly for about 10 minutes. Grease medium loaf tins and bake at 200°C for 10 minutes, then reduce heat to 150°C and bake for 1 hour.

UNLEAVENED BREAD: 5 cups flour, 5 tsp baking powder, 500 ml milk. Mix ingredients and knead gently, roll out to a flat shape, cut gently through in a cross and bake as for scones in a hot oven.

The local people up here have lots of tried and true BUSH REMEDIES. We have used all of the following except the one for worms, and they all work very well.

Burns or sunburn: mashed ripe pawpaw or raw juice of sweet potato.

Sore throat: chew leaves of five cornered fruit (carambola).

Bleeding: chew guava leaves to pulp and apply as poultice.

Diarrhoea: eat a couple of guava leaves sprinkled with salt (tastes awful but works quickly), chew well before swallowing.

Athlete's foot: crush a few pieces of lemon grass in a bowl of warm water and massage into feet.

Fungal infections of skin: apply ripe pawpaw.

Intestinal worms: white juice of green pawpaw mixed with honey and water.

Also here are some ideas for using the parts of the vegies we grow and normally throw on the mulch heap. Freshly picked young leaves of choko, pumpkin, winged bean and the rind of watermelon: wash well, drop in boiling salted or unsalted water for 3 or 4 minutes only, longer loses taste, serve buttered with a pinch of nutmeg. They are part of nearly everyone's diet up here.

Dorothy Sweeney

PO Box 305, Lae, Morobe Province, PNG.

Dear Grass Roots,

Like many of your readers, we are living in the suburbs while searching for our piece of earth 'out bush'. We really enjoy reading about people who, like ourselves, have dreamt, worked and saved and, finally, realised their dream. We hope it won't be too long before we are writing in with our tale of migration!

We are expecting the birth of our first child in March and are wondering if anyone has had any experience with the BABY HAMMOCKS currently on the market. We saw a model which is designed so that the baby is sleeping only about 2 feet off the ground. We felt this might pose a problem with one, affectionate pets, and two, a sore back from bending so low to pick up baby. Any feedback would be appreciated. Also, if anyone knows of a model which hangs higher, we'd love to hear from you.

We would also like to hear from anyone in our area using PERMACULTURE principles who would be interested in sharing their ideas. There's only so much you can learn from reading!

Nadine & Stan Clark

1593 Malvern Rd, GLEN IRIS 3146.

Dear Megg,

We were wondering if any readers had any ideas about, or experience with, using SOLAR PONDS FOR HEATING GREEN-HOUSES. We are interested in solar heating greenhouses on a commercial scale.

Also have any readers had success with recipes for SPONGE LEAD for repasting onto old lead/acid battery plates. We would be interested if anyone could suggest suitable recycling uses for blown incandescent light globes.

Bill & Fiona Purcell

Lodge Rd, HAMILTON 3300.

Dear Megg,

Ninety year old, long-term COMFREY user, Andrew Hughes, has written a book on comfrey titled *Comfrey Nature's Healing Herb and Health Food* (priced at \$19.95 including postage). Andrew is handling the distribution of the book himself. His address is 7/7 Woodside Avenue, Ringwood 3134. In 1959 he introduced comfrey to the Japanese. They call it 'Miracle Grass' and they make tablets of it.

Emsie du Plessis

13 Rudd St, WAGGA WAGGA 2650.

Feedback Link-Up Feedback

Dear GR Readers,

A warm hello to you all, I have been reading GR off and on over the last 5 years and have always enjoyed what I read and marvelled at your efforts to live the way you choose. Finding myself working once again in the drudgeries of the rat race in the city and not liking it one bit, I ask any readers if anyone knows of some property that needs a CARETAKER or unused land that I could work in growing organic vegetables.

I'm 34, single, I have a bicycle that has been my companion for a while, I don't smoke nor drink for the sake of it, am practical and hard working. I have worked on other people's properties before, but only for short periods of time (and can provide references). If it's not asking too much I'm seeking a place north of Brisbane and within 40 km of a township or such. The grind, noise, stench and waste is not what I want. Any interested persons please write.

**Brendan Browne
PO Box 442, NUNDAH 4012.**

Dear All,

Thank you GR for helping to keep our dreams alive. Unfortunately while we are big on dreams and enthusiasm, we fall short when it comes to dollars. That is where we are hoping someone can help us, with finance, the details are in our advertisement, GR 93. It's the only way we can see of escaping from this steadily disintegrating society with the small amount of capital we have.

On a different note can someone advise us on PIGEONS. I read somewhere that these birds are very territorial and will drive all other birds away. Is this accurate? Would the benefits of the pigeons driving away fruit eating species outweigh them keeping away insect eating species? Could they stand up to something as large as a cockatoo? Any information will be devoured gratefully.

To the people from Geraldton with the BARKING DOG. We had this problem with a half-grown (32 kg) labrador cross that we 'adopted' for some time. He had spent most of his 15 months on a chain and went crazy at the sight of a yard to play in. Unfortunately he had developed the habit of barking for attention and nothing would shut him up. He laughed at violence and refused to comprehend foul language and threats, so we tried a different approach, similar to teaching babies to sleep through the night.

When Dozer ('Bull' dozer) barked we would go outside, praise him and say, 'That's enough now go lie down', and close the door. This tells the dog that you, as Top Dog, are grateful for his sentry duty, but you don't see the situation to be threatening. If the dog starts barking again or worse, will not stop, he is challenging your position as leader and you must put him in his place. Violence will not work, remember he wants your attention. Our method was to muzzle the dog with a soft cloth. The cloth is looped around the dog's muzzle and tied behind his head, preventing the dog from opening his mouth to bark. Now close the door and count one minute then remove the muzzle, praise the dog and tell him to 'lie down'. Each time this has to be repeated leave the muzzle one minute longer. Dozer soon learnt what we wanted from him and became a very good watch dog who always let us know if someone went past, but would stop as soon as told 'Enough!' Other ways of reinforcing your position as pack leader are: Never feed the dog before yourself; try sitting and eating something in front of him before you let him eat. Never let the dog jump up on you or grab your hand. If you allow the dog on the couch or bed or somewhere you commonly sit, occasionally go sit in his sleeping place to remind him you can go where you want.

**Venetta & Martin Basham
8A Tenth Ave, TOWNSVILLE 4810.**

We also read with interest about pigeons chasing other birds away from their territory, but decided that the probability of their droppings washing from the roof into our rainwater tank outweighed the possible advantages. Besides, we enjoy all our bird life and have decided to adopt a philosophical attitude towards sharing the fruit.

Dear GR,

In response to Neil and Ella (GR 92), of course YOU AREN'T TOO OLD! If, that is, you are both in excellent health, have a liking verging on a mania for hard work, and can do without a great deal of socialising. The self-sufficient lifestyle is hard work, but the rewards

are great. The hard work will keep you healthy as you produce all your own food, which will do away with the need for modern drugs and doctors even as you get older.

We moved onto 3½ acres 16 years ago, in our 50s, and built our own pine log cabin. The soil was poor when we came here but we planted vegetables and an orchard and over the years have mulched, composted, manured and improved the soil considerably. We now grow sufficient organic vegies to feed ourselves, some friends and family. We freeze, dry and bottle, make jam and wine, and occasionally sell surplus produce at markets. For most of these years we have milked a cow, making butter and cheese, and raised a calf each year for meat, but now the cow is too old to calve and we just buy powdered milk. About 8 years ago we started a beehive, and now have 11. We can vouch for the health and taste benefits of natural honey. We also have chickens, two dogs and a cat.

Now in our late 60s, we are still busy and working hard. We don't have time to worry about aches and pains or boredom like many folk our age. Despite still paying off a mortgage from the pension we have a very good quality of life because we're busy, eat well and have plans for the future, and our family enjoy visiting us for weekends. We're thankful to God for blessing us with such a rich, productive life.

A few words of advice, based on what we've learned: Don't try to do everything at once, have limited goals. GR is a marvellous publication, very helpful and informative, and the *Weekly Times* is also useful. Plan a storage room in your house for food throughout the year. Don't isolate yourselves too much – as we get older we appreciate being only half an hour's drive from a major town with access to services such as optician, church, and – dare we say it? – supermarkets! So we'd say – be reasonable, plan carefully, but definitely go for it – you'll discover a new lease of life.

**Keith & Olive Slatter
PO Box 28, PEARCEDEALE 3912.**

Dear People,

I have noticed a lot of requests for CORDIAL recipes, here is my granny's recipe that I use: juice of 6 lemons, 5 cups of cold water, rind of 4 lemons, 800 g (1 lb 10 oz) sugar, 30 g (1 oz) citric acid. Put water, sugar, acid and rind in large saucepan, bring to boil. Take off heat, add juice. Cool, strain and bottle. Makes approximately 2 litres of concentrate. Keep refrigerated or in very cool place. Any citrus fruit can be used or combined, e.g. 4 oranges, 2 grapefruit.

**Susan Laidlaw
C/- PO, WALLAROO 5556.**

Dear Feedback Readers,

I'm writing to let you know a few details that are of concern to all of us who have bought a piece of paradise. After buying my dream block and doing all the conveyancing myself to ensure I knew all searches were done properly, struggling for three years to make the payments on my own, I now find my land part of the area projected as a FUTURE DAM SITE. Legislation has been in force for sometime, so that Government departments can resume land with little or no compensation. Whilst decisions are being made, no one will buy land under the threat of damming, which causes a drop in market price, which in turn allows a cheaper purchase price for the Government!

Lisa Wood,

Dear GR People,

This year we moved from the north coast of NSW to a very different climate and lifestyle in Oberon. We have recently acquired access to a nursery with a large glasshouse etc and are very interested in GROWING HERBS AND VEGETABLES and thought the perfect book would be *Starting a Nursery or Herb Farm* by John Mason, often advertised in GR. Unfortunately have just found out the book is now out of print and no longer available from the publishers. We wonder if anyone has a copy of the above book that they would like to sell, or even just to lend so we could read it and return promptly. Or perhaps readers have come across a similar book which is still available. Any ideas or information on herb nurseries would be greatly appreciated.

**Mary & Bill Long,
26 Raleigh St, OBERON 2787.**

Feedback Link-Up Feedback

Dear GR,

I live with Dave and our 2 year old son, Sam, on the outskirts of a seaside town in the south west of England, but despite the distance I feel a real sense of companionship when I read your letters, and I admit, a real sense of envy when I read of the land that is available! We share the same dream as most of you – to buy a piece of land, build our own home, become more self-sufficient and to live in greater peace and harmony with our planet, ourselves and others.

Kim Hynes GR 90. I'm sorry you have decided not to go ahead with your support group, it sounds as though you were doing a great job. I've offered a similar 'service' here through the National Childbirth Trust and not had one single taker! Immunisation is a sacred cow in this country unfortunately.

'Tansy' GR 90. We follow a MACROBIOTIC DIET at home, and have found it beneficial to our general wellbeing. It avoids all dairy products, sugar, preservatives etc and uses only whole, organic foodstuffs which are produced locally. Although wheat and carob are used, why not substitute the wheat with another grain, and avoid carob altogether – there are lots of delicious things which can be made without it. I suggest *Macrobiotic Dessert Book*, by Anneliese Wollner, Japan Publications Inc, ISBN 0-87040-700-7; and *Practically Macrobiotic*, by Keith Michell, Thorsons Publishers GB, ISBN 0-7225-1140-X (PBK). As for Macrobiotic supplies (the more exotic ones), I noticed in the picture of the 'Rainbow Shop', GR 88, it advertises Macrobiotic Products in McAdam Square, Croydon, Melbourne.

Shelley GR 91: I can vouch for SOAPWORT as an effective shampoo. I make a fresh batch each time I wash my hair, using a good handful of dried soapwort to about $\frac{3}{4}$ litre of water. Boil for 15 minutes, strain well. Put the mixture in the basin and top up with enough water to be able to dip your hair into it. Scoop the mixture over the hair until the water looks cloudy. Then rinse as normal, putting one tablespoon of vinegar in the final rinse water. Don't expect your hair to 'squeak', but it's perfectly clean. You may have to play around with the quantity, depending on how much hair you have! Seeds are available in England. Latin name *Saponaria officinalis*. My mail order suppliers are: Suffolk Herbs, Monks Farm, Pantlings Lane, Kevedon, Essex CO5 9PG. Note, it's a pretty vigorous plant!

Eleanor Sparks GR 91. The aspect I find most disturbing about IMMUNISATION is the way it is administered (in England) where polio, tetanus, diphtheria and whooping cough are given to babies at 2, 3, and 4 months. We are asked to consider the immaturity of our babies in a variety of aspects e.g. digestion – it seems natural to me that their immune system is also immature. To then subject that system at such an early age to 4 major diseases all at the same time seems to be quite mad! In this country they are also considering adding more to this cocktail. Where will it stop? The fact that there are studies being conducted on links between SIDS and immunisation tends to confirm my suspicions. It's also interesting to note the incidence of primary immune deficiency in children.

The other aspect of immunisation is that they don't necessarily work! Studies being done in this country on polio, are finding that children haven't always gained immunity to the 3 virus' involved after the course of vaccine. MMR (measles, mumps and rubella) in the States has been found to be ineffective. New Zealand, which led the world in launching a national immunisation campaign against hepatitis B, abandoned it after extensive side-effects began showing up. Similarly with meningitis. It has by no means been a success story in the States.

You may be interested in a publication called *What Doctors Don't Tell You* – it's produced regularly through the year, so tends to be pretty up-to-date, and also produces handbooks, more particularly *The WDDTY Vaccination Handbook* obtainable from, What Doctors Don't Tell You, 4 Wallace Rd, London NI 2PG, England. Perhaps we should concentrate on rearing healthier children, and producing healthier environments rather than producing vaccines to cover every eventual-ity. Some books I've found useful:

Primer of Companion Planting, by Richard B Gregg, published by Bio-Dynamic Literature, PO Box 253, Wyoming, Rhode Island 02898, USA. Price UK £1.95 (incl fields, forest, orchards).

Natural Medicine for Children, by Julian Scott, publishers Unwin, ISBN 0-04-440534-0. Price UK £8.99.

The Family Medical Herbal by Kitty Campion, publishers Dorling Kindersley, ISBN 0-86318-307-7, price UK £12.95.

The Holistic Herbal, by David Hoffman, publishers Element Books, ISBN 1-85230-024-8.

Finally, after 37 years of WEARING GLASSES, and with eyesight that could not read print further than 15 cm (6 in) away from my eyes, I have given up wearing glasses. What prompted me? I read *Better Eyesight Without Glasses*, by WH Bates, publishers Grafton, ISBN 0-586-20890-9. He convinced me that the ophthalmological profession have got it wrong! Two months without glasses has proved it to me, not only has my eyesight improved, but I am also getting flashes of perfect eyesight. If anyone's doing the same thing, I'd love to hear from you, and if you'd like to know more, I'd be happy to share information.

Nicky Edge
87 St Mary's Park, Collaton St Mary
Paignton, DEVON, TQ4 7DA.

Dear GR,

During recent years I have been working towards leaving the city and buying my own little part of the country. My preparations have included much reading, completion of a two year Farm Management Course and, of course, devouring GR and similar magazines. Whilst I am now financially ready to make my move (and am looking at northern NSW – probably around the Tamworth or Port Macquarie area) I have one concern that is giving me cold feet – not having a special lady in my life. I am not sure whether I want to go it alone. My fear is that I could be cutting off the opportunities of meeting that special person by moving to an environment where social contact does not happen as easily as it does in the city. Am I wrong in thinking this way? I would be pleased to hear of experiences from UNATTACHED PEOPLE WHO HAVE MOVED TO THE COUNTRY. Is the change as great as I imagine it to be? I would also be interested in sharing thoughts with those who are contemplating such a move.

Clive Roberts
31 Gilbert Rd, CASTLE HILL 2154.

Dear GRs,

I would like to comment on the great item in GR 92 by Greg and Robin on THISTLE MANAGEMENT. When I saw the drawing of the Auto Diff Slasher I decided to ask the engineers where I work for comments. They were impressed by the idea and told me only two things they could see which would improve it at all. First an auto diff is about 9:1, which means for one revolution of the wheels the blade would rotate 9 times, so bigger wheels could increase the speed more. Second is to cut a round flat piece of steel, approximately 10 mm thick and about 50-75 mm (2-3 in) bigger than the universal base with holes on the outside edge. Two reasons for this, the blades (more than 2) can be bolted to the disc in a pivoting fashion so any solid objects like rocks, tree stumps, etc, will cause the blade to bend back and not damage the diff at all. The heavy steel disc will act in a small way like a fly wheel thus increasing power where it's most needed, at the blade. The whole idea stems from the amount of friction between ground and tyre, so this is also increased. A great article thanks Greg and Robin.

Would anyone out there give me some ideas on DRAINAGE from a building built partly into the ground. I would expect problems from this in the way of dampness or seepage. Any ideas I can collect before I build would be a great advantage. Also I would like to heat the floor by water convection, so any hints on the best type of pipe to use and a layout would also be of immense value to me. Please answer my questions through the GR Feedback section of the magazine so others may learn.

Keith Hasler
12 Hammersmith St, COOPERS PLAINS 4108.

In GR 85 (p 68) we reviewed the book 'Australian Earth-Covered Building' which will probably answer all your questions. Published by NSW University Press, PO Box 1, Kensington 2033, RRP \$29.95.

Feedback Link-Up Feedback

Hello Everybody,

This is just a quick note to say thank you to all the kind people who wrote to us with advice and good wishes after our last letter appeared in your magazine. Our baby arrived (a little turbo-powered boy called Farley) on June 2nd, so we haven't had the time we'd need to reply to the stack of letters we received. Unfortunately the stack of dirty nappies in the laundry and the stack of dishes in the sink require more immediate attention! When things settle down we still hope to write to each of you. In the meantime a big thank you! You have made opening the letter box a pleasure.

Keeley & Hans (& Farley)

30A Seven Mile Rd, NAR NAR GOON 3812.

Dear Megg & David,

Hi to all GR readers. My wife and I bought our 15 acres back in 1981 and have worked on turning it into an organic farm. I tend to use a little bit of biodynamics, no-dig vegie gardening and Rodale system. I gain my knowledge on biodynamics from my neighbour, who has an organic apple orchard. We have planted about 70 various fruit trees, grape vines, feijoas, tamarillos. Also we have 15 sheep and lambs, 4 cows and 18 RIR chooks. Our vegie garden is fairly productive as it keeps ourselves, plus our three children's households in fresh vegies. The fruit trees are just coming into full production, so this season will be a real challenge to use or to preserve them.

Over the years I have gained considerable knowledge from GR. The only negative point to the magazine is the delay in FEEDBACK as most letters are at least six months old by the time it is available at the newsagent. Is it possible to get this section more current? It is annoying to send plants, letters etc to someone who has written in Feedback only to get them returned at a later date with a note saying, 'no longer at this address'. Would it be practical to have an extra large Feedback section for a few issues, even if you have to charge a little extra for those editions? I can appreciate that some people will complain at paying extra money, but it also costs money to send things to people who have already departed from the published address. Maybe even a photocopied insert would be suitable as a means of catching up. It would be interesting to hear from others who may have a better idea. Apart from the Feedback whinge, I really appreciate the effort that you and your staff must put in daily to produce such a quality magazine.

**Lyn & Bob
PAKENHAM 3810.**

Dear GRs,

Finally caught up with reading the magazine after having seen it occasionally in a newsagent. Found several old copies in the library and I'm hooked! Having had acreages in the past and struggling on with no help, it's great to finally realise that there is HELP AVAILABLE in information like this. As it's turned out, we're renting again in suburbia (yuk!), having lost all in the recession. Struggling on, we know we'll make it again and one day be able to have a better piece of paradise at less cost! Which brings me to one point of my letter: Back in October 1990, (GR NO 81) found a letter from my cousin - not seen for 25 years. Peter Jeffs and wife Vera of Brahma Lodge SA. If you're still around Peter, did you get to Tasmania to resettle as you then wrote? Please drop a line from your new address (Lynette - Wilma's daughter).

**Lyn & Jim Brown
20 Joan St, BURLEIGH WATERS 4220.**

Dear Readers,

J Bayliss, if you measure your area on your old fuel stove, and the next time you go to your local big town go to the engineering works. I'm sure they will make up what you want.

Glenn and Zamia Cowboy, re growing in wet tropical climate. Contact your nearest DPI and nursery they will give you the information you need!

I have seeds of THORNLESS HONEY LOCUST. If someone wants them, 40 for \$2 plus SAE.

A cheap way to start an ORCHARD is when you have very nice tasting fruit keep the seeds and then put into soil in a margarine container and keep moist. I often go into the different places where they sell unusual varieties of fruit. I buy 2 or 3 and put the seeds in the soil in margarine containers.

Claire Hudd, about FRECKLES, forget about them. When I lived and worked in Hong Kong years ago I was always told that I was lucky I had them, because I would always stay young in my heart. The freckles faded as I got older. Yours might too.

Jeraldene, your 5 year old son re bed wetting. Give him a honey sandwich before he goes to bed at night. And when you and your husband get up during the night take him to the toilet with you. The honey sandwich really does stop it.

Mathew Killeen, buy some plain junket tablets there's a recipe in the package for cottage cheese.

If you want ICE CREAM RECIPES write to me, send SAE and \$2 as I have to write them out!

A lady sent me \$2 for recipes for jams pickles etc; I lost your letter and money. Could you please send SAE and I will write them out for you.

I am looking for a new caretaking, Jillaroo, housekeeper, nanny or companion-help job. This 2000 acre property is up for sale. I need a new job preferably up in south or central or closer to the coast of QLD. I must have a house as I have furniture, mixed poultry, work dogs, pets, cats, mixed stock of my own. I always get free agistment for them. I am well experienced in caretaking etc.

Jenny Mitchell, honey in the middle of a LEG UCLER will get rid of it and calendula ointment on the outside of the flesh will heal the skin on the outside. The honey must be pure unboiled honey.

I would like some New Guinea beans to grow please if possible. I'd swap them for some thornless honey locust seeds if you'd like them.

Does anyone breed SHIH TZU DOGS as I am after a male I can register, preferably a pup. I have always just missed out on one over 2 years!

**'Jillaroo' 'Jindera Springs'
Limestonecaves Rd, ASHFORD 2361.**

Dear GRs,

Hi everybody! I'm Tammie, a 24 year old mum and mum-to-be living in KATHERINE with my partner Ron. I'm a qualified remedial masseuse (I seem to be the only one in town) and I'm into meditation and learning life's lessons, and therefore, hopefully, improving myself. Having only been here since late May and knowing no one to start with, I haven't really got any friends around here and am finding it hard to meet like-minded people. I've never been sporty, so don't meet people that way either. If anyone from the area can relate to this, I'd love to hear from them and maybe even find a friend. Other interests are tapestry, reading, animals, the bush, natural medicine and therapies, daydreaming and people watching.

Also, as we don't see ourselves staying in Katherine forever, we'd like to hear from people who have Steiner or similar schools in their area, as we'd like our kids (Max 6 and Junior/ette, due around Christmas '92) to have an interesting, fun and overall beneficial education. We'd be thankful for any information on the area - climate, vegetation, job prospects (Ron has various mechanical, welding and driving skills), housing and land costs, the whole works. We'd be particularly interested in information on WA, but don't let that put you off if you're in another state - all information on anywhere would be much appreciated. I'm intending to study reiki, ki force, kinesiology and other modalities and therapies as well as a more comprehensive massage course, which I'm sure will all help me. So it would be great to find a place (outside of a city) with reasonable access to these sorts of courses. Hopefully this place would also accept and appreciate the above, and like-minded people would be a blessing!

**Tammie
24B Warburton St, KATHERINE 0850.**

Hello GRs,

I have already written to Tanya and Geoff (GR 92), but thought I'd write to GR in case someone else can use the information. When I became a Nutri-Metics consultant, I was told of a number of people who were using a product called Sel-e-ma food supplement, to help the symptoms of ROSS RIVER FEVER. I haven't used it myself, but thought it worth mentioning. Nutri-Metics should be quite easy to find in the White Pages. It is also a fully natural product.

**Pam Eyre
17 Gerald Ave, CLONTARF 4019.**

Feedback Link-Up Feedback

Dear Megg & David,

My family has been reading your magazine for about 5 years and it still hasn't lost its appeal. Mathew Killeen was in need of some recipes for PASSIONFRUIT.

PASSIONFRUIT, TO PRESERVE: Cut fruit with nonmetal knife and take out pulp with plastic spoon. To every cup of pulp add 1½ cups sugar. Put into glass or plastic bowl and cover with nonmetal material. Mix daily afterwards with plastic spoon for one week, then bottle in glass with nonmetal lids or cover with cellophane.

PASSIONFRUIT BUTTER: 5 eggs, 1 cup sugar, 2 tablespoons butter, ½ cup passionfruit. Beat eggs, add sugar, butter and passionfruit pulp. Cook in a double saucepan until mixture thickens.

PASSIONFRUIT CURD: 6 passionfruit, 1 cup sugar, 4 tablespoons butter, 2 eggs. Place butter and sugar in a saucepan over slow heat and melt slowly. Beat eggs, then add the pulp, then add to the butter and sugar. Simmer slowly until it reaches the consistency of honey.

Karen Jarling

1 Yellow Gully Rd, WOLVI 4570.

Dear GR Friends,

It's been two years or so since we last wrote. We were put off writing somewhat as our letter provided several shady characters another name and address for their get-rich-quick propositions. Twelve and eighteen months after publication we were still receiving these NUISANCE LETTERS. They waste my time, destroy trees and make Aussie Post richer. GR is not a directory nor a mailing list. And as for that scheme which signs only with initials and PO boxes, there are still ways of tracking down your true identities. On the point of chain letters some of the better ones I've seen this year have been underpants (for the ladies), teatowels (for the men) and a Golden Books one for children. Years ago, when I was much better at keeping up with correspondence, I had a postcard one with 6 names on it from 6 different countries and it brought some interesting results.

By the time you read this our son will be 3. Time passes so quickly now. I've been following some leads in the HOME SCHOOLING area this year and have met several local home schoolers, but we're still unsure. Another option is a Steiner school. Perhaps parents with experiences of children at a Steiner school could drop us a quick line.

Since giving up full-time work I've discovered the CWA and would recommend it to other women. It's not just old ladies making tea and scones at the local show. Community service, culture, cooking and handicrafts are some of the things they're into. I was keen to join because of the handicrafts – this was (is) a way of passing on the skills.

Anyone living locally wanting glass jars, write and they shall be yours.

G & K Tighe

PO Box 401, NEWCASTLE 2300.

We have had several complaints recently regarding chain letters. It is typical of hard times that people are more inclined both to perpetuate and to participate in chain letter schemes, especially those offering the prospect of large financial gain. Remember that chain letters soliciting money are illegal under the Consumer Protection Act. We feel very disappointed that some people continue to take advantage of the Feedback pages in this way. Our advice is that if you object strongly to receiving such a chain letter, send the whole lot to the Consumer Affairs Department in your state, otherwise use it to light the fire or to mulch the garden.

To GR Readers,

Help! Can anyone help an unemployed 18 year old to make WORK FOR MYSELF. I am tired of being knocked back so I am going to do something about it. I love ANGORA goats and I have decided to put what knowledge I have of these lovable creatures into practice. What I need to know is about breeding, showing and how easy it is to spin Angora wool. Also any other ideas would be appreciated as I live on a 5 acre property with my parents.

Amand Raven

Lot 5, Mangoplah Rd, THE ROCK 2655.

Look for the book 'Making Money From Home'. This is a Better Living

book detailing over 80 ways to work from home; RRP \$7.95, available from many newsagents and book sellers. Also try 'Making Unemployment Work', \$11.95 posted, from Night Owl Publishers, PO Box 242, Euroa 3666. Good luck with your endeavours.

Dear GRs,

I noticed Janet Appleby's enquiry in GR 92 about MULTIPLE OCCUPANCIES and suggest the first stop is your local council (or the council of the area in which you want to be) as they are the ones who zone land and give building approvals. The Dept of the Environment, Remington House, Liverpool St, Sydney 2000, has guidelines which you can buy – more than 40 acres, 1 person per 2½ acres (1 ha) of land.

Dual occupancy is now encouraged because of shortage of land in most of our cities and large towns, and multiple occupancy is just one step further. Each state has different legislation about building, so what is OK in Queensland might not be OK in NSW and vice versa. Other than Company and Strata Title in cities, most of the multiple occupancies seem to be on the north coast of NSW and in Queensland. Sometimes they are advertised in GR, so check out each issue.

One case I know is at Penrose, between Moss Vale and Goulburn. They are in a shire and bought a degraded farm with some uncleared land on the edge of a state pine forest. They talked it over with council, had the land rezoned, and there are now about four houses on the land – the original old timber and fibro house which seems to be used for storage and/or excess visitors, plus 3 new ones, all built by their owners. Anyone who wants to come in must be like-minded with those already there; they can build a house and live in it, and if they then find they need to sell they can do so, but the buyer has to be accepted by those remaining and there should be no huge profits made. It appears to be working well for them. I don't know what title they have. Getting like-minded, agreeable people would be the biggest hurdle.

**P Ferguson
COALCLIFF 2508.**

Dear GR Readers,

It is wrong to suggest that COW'S MILK is harmful to all humans. For some it is a problem, but many people have been raised on dairy products and lived long healthy lives. When my children were babies (in their thirties now) there was a wonderful product, Bengers Food, which when added to cow's milk made it very digestible. My babies thrived on it. I don't know if it is still available. There may be other aspects of the dairy industry which are not very pleasant. No comment.

What I like about *Grass Roots* is that it promotes the love and care of animals. To me, most animals are like innocent little children and I cannot understand how anyone can be cruel to them. The greatest tragedy is that they are part of our diet. Abattoirs are ghastly places. Our planet is a beautiful and mystical place, but I believe a cruel joke has been played on its inhabitants because one lot has to eat the other lot to survive and so there is always going to be conflict and suffering.

**Ruth Murray
Creek Rd, MT GRAVATT 4122.**

Dear Readers,

As the principal of a 25 pupil rural school, I'm interested in writing with anyone interested in HOME SCHOOLING and perhaps your child(ren) might like to write with someone at my school (ages 5-13). Also our family would be interested in hosting people planning on coming to NZ, in exchange for help with our small farm, gardens, orchard etc.

**Warwick Grady Kumeroa
RD 1, WOODVILLE NZ 5473.**

Dear Grass Roots,

I'd like to take this opportunity to say thank you to everybody for sending me recipes on sweets. Thank you Sue Carlross for your recipes. I've lost your address so cannot reply in person. Does anyone know of any books for BUILDING LOOMS for weaving? Nothing too complicated please.

**L Cannon
74 Sth Wst Hwy, YARLOOP 6218.**

Feedback Link-Up Feedback

Dear Grass Roots,

I am writing to ask the good people who live in or near IPSWICH QLD to write to us and tell us about that area. My husband Brett is getting a transfer and we will be buying a house there. Anything we might need to know: house and acres availability and price, the rental situation (as we will be renting for a few months) and the best things to grow in that area. Also are there any Steiner schools in the vicinity? Does anyone know of any nice properties? We would like 100 acres of bush with a reasonable 3 bedroom house on it and can afford about \$75,000.

Anyone who'd like to drop a future neighbour a line, we would appreciate it. We're moving away from all our family and could use a few friends. Speaking of friends - Dave and Jenny, I know you'll read this, get in contact as we're wondering how you are.

We are going to buy our house through the government buying shares scheme. Can anyone tell me the pros and cons of doing this?

I am thinking of becoming vegetarian. Any tasty recipes would be appreciated. Plus advice on how to get the right nutrients required by eating this way for children as well as adults.

Lisa Cooper

38 Braxton St, GRETA 2334.

Dear GRs,

Help! I've brought up a 17 year old son on my own and have had enough. I really need someone to put me on the PATHWAY TO PEACE before it's too late and we lose each other forever. Given a chance, I'm a nice person, lost somewhere deep inside, lost in a world of work, responsibility, trying to provide the best I could. Don't need analysis or a lecture, I'm very capable of doing that for myself. I'm on the edge and I'm sure there is someone out there who can at least try and help me find an answer.

Mary

PO Box 12, SMITHFIELD 4878.

Dear Readers,

Early next year we plan to look at land in the area SOUTH FROM BUNDANOON, down through Penrose, Wingello and Tallong. We have five boys aged 10, 8 1/2, 4, 2 1/2 and 10 months, so you see, we'd be an asset to any small village school! We need to get some idea of what we can afford, so if anyone in the area would be kind enough to contact us with info on prices of acreages (10 acres absolute least) I would be glad to reimburse your costs. Other things of interest to us are: Schools in each village? Where do the children travel to high school? Shops? Soil? Any markets, other community events?

We need to live somewhere with lots of trees and birds, somewhere quiet and private. Looking forward to hearing from anyone generous enough to help. We need to make the right decision this time.

J & L Hembrow

67 Albury St, HARDEN 2587.

Dear People,

Around March, I will be dividing my JONQUIL BULBS (nearly all white in colour) and was wondering if any readers would care to swap for other bulbs which I have limited quantities of. Also I pick up plastic netting-like containers from the beach. Could anyone re-use these, all I would require is postage as times are tough. Finally can someone help me from 'kneeing' overalls all the time. Vinyl patches don't work, nor do knee pads; the overalls are fine apart from these gaps at the knees, and I do spend heaps of time kneeling while weeding. Happy recycling.

'Patch O' Blue'

RMB 5114, TOWER HILL 3282.

Dear GR Readers,

After reading the very interesting articles in GR 91, I have become very interested in worm farming. As I am planning a trip to New Zealand in late FEBRUARY/MARCH 93, I wondered if there are any GR worm farmers in the South Island between Nelson and Timaru who would welcome a visit from a fellow enthusiast?

Anne Johnston

8 Philip St, EAST LAUNCESTON 7250.

Dear Grass Roots,

Could you please help my wife and I with any information and personal experiences by readers of moving to Tasmania. We live on

the Atherton Tableland, far north Queensland. We moved up here eighteen months ago, after twelve years in Cairns, seeking a cooler climate. Due to medical reasons I am retired. Claudia, my wife is a book-keeper but will turn her hand to any type of work. We would like to buy a small acreage and therefore really need to know the prices of houses and land. Also, some idea of the cost of living would help. Do you know any areas in Tassie which offer a country lifestyle, small communities, within a commuting distance to towns?

Phillip & Claudia Robbins

PO Box 289, RAVENSHOE 4872.

Dear Grass Roots Readers,

We need your help. My daughter (13) Bonnie, and I ARE LEAVING MELBOURNE AROUND CHRISTMAS '92. We're looking for places in rural Australia to park our 15 foot caravan, and use toilet, shower and (if available) electricity. Our stay would be strictly short-term, a day, a week, certainly no longer than a month, and we'll pay in labour or even cash. I have a variety of skills and talents in computers, creative writing, business and teaching and we're both strong and healthy. I'm also interested in hearing about markets as I make vests and hats to sell. We want to avoid caravan parks and cities as much as possible, and enjoy life as it was meant to be lived.

Most of all, we're interested in meeting people with an alternative, open approach to life. We enjoy live music, good conversation, astrology (eastern and western) & numerology, walking, books, animals, gardening, horse riding and travelling.

We have no real itinerary, but if you have a bit of space, need a hand for a while, and would like to meet us, please write. All mail is being forwarded to me on a regular basis. All letters will be answered.

Jennie Reid

PO Box 236, RESERVOIR 3073.

Dear Grass Roots,

In all the time I've been reading GR I cannot remember having come across an in-depth look at the RUDOLPH STEINER method of education. I wonder is there a teacher out there who is prepared to do an article on this subject for the magazine or is there some parent willing to throw further light on this subject for me? I am contemplating sending my son to one of these schools, but cannot find enough information to justify the change.

I would also like some assistance from people in the CANBERRA, GOULBURN area if possible. My husband has accepted a posting to the Fat Cat Capital of Australia and it looks like we will all be uprooting ourselves and making the big move back across Bass Strait. What I need to know is basically about the area, say around 1 hour's drive from Canberra. What are the land prices, is there any heavy industry, pollution, toxic land dumps, areas to steer clear of etc? One of my children is asthmatic and suffers heavily from allergies so I am desperate not to compound her problems by burying her in an area unsuitable to her health requirements. I would also like to know about the standards of education in the local secondary schools if anyone can help out in this regard.

I would be very interested in hearing about the job situation in these areas. Are there any jobs available, or is it like Tasmania at the moment? We intend to make the move in the New Year ('93) and hopefully we might even be able to settle on a small acreage this time.

Laurel Dunphey

C/- PO, MEANDER 7304.

Dear Readers,

My wife, three year old son and I are moving down to TASMANIA (hopefully the Coal Valley) in May or June. We would like to write to anyone who is living on a farm who can offer advice on setting up a farm, as well as other information relevant to the area.

Guye Nicholls

PO Box 1011, BANKSTOWN 2200.

Dear Pam Graham, Hobart,

Come up for a cuppa, you're not alone! We have recently moved to Fern Tree where we can hang out with the possums and kurrawongs. Contact us via the following address.

Matt & Selina

14 Summerleas Rd, FERN TREE 7054.

Feedback Link-Up Feedback

Greetings Everyone,

My husband and I and our two children live in Copacabana, on the central coast of NSW. I am involved in the CENTRAL COAST RUDOLF STEINER GROUP. A Steiner playgroup is held weekly at my house and one also at Ourimba. Plans are underway to open the kindergarten in 1993. We also have regular workshops for adults, to educate ourselves in Steiner techniques and in working creatively with our children. Anyone interested in our group or who would like to be on our mailing list may contact me.

Recently my daughter had a bad case of IMPETIGO (spreading sores). The main sore was the size of a 10 cent piece and very weepy with smaller sores all around it. My naturopath suggested an ointment called Solanum Nigrum by Greenridge. It's for the relief of cold sores, herpes, shingles pain, ringworm and acne, and now impetigo. I applied it three times a day and in between I applied garlic oil. It cleared in a week. If you want to use garlic internally 'Kyolic' is to be preferred, especially for young children.

If there is anyone down here who is contemplating having a homebirth and who would like to talk about it I would be happy to oblige. I had my daughter (Amy, 2^{1/2}) at home up in Cairns. It was a wonderful experience and incomparable to a hospital birth. I had my son (Jimmy, 1) at the Gosford Hospital, because we were new to the area and didn't know of any midwives who did homebirths. In Cairns there was a homebirth group, which was very supportive and one could meet the midwives and borrow books etc. I would be interested in helping to establish a similar group down here. I know of a homebirth midwife on the central coast and one who travels up from Sydney. Expressions of interest would be welcomed.

Finally, is there anyone around here who works with LEATHER? There are no classes run on the subject here. I want to make saddle bags and other gear for my horse and would rather have personal instruction than learning from books. I have all the basic tools and would be interested in bartering lessons.

Jo Love

314 Del Monte Drive, COPACABANA 2251.

Dear Megg, David and Gang,

The last time I wrote to you it was just before our wedding. Kevin and I met through your 'Contacts' column and now we are selling our home in Toodyay and moving to a bigger acreage in Bridgetown in the beautiful south-west of WA. There Kevin will build us a pole home and we will run it completely on a permaculture design. We have already had a plan drawn up by Jeff Nugent from Nannup. If anyone in the south-west is looking for a permaculture consultant we can thoroughly recommend Jeff. We have already had offers from Colin Bygraves from Bridgetown Camp School and his band of helpers from the local environment group to help us plant trees on our block. We have found everyone to be very helpful and friendly in Bridgetown and we can't wait to get down there, but first we need to sell our home in Toodyay and it would be great if we could find a GR family to carry on what we have started. The large orchard and gardens are completely organic and after a lot of work the hard clay we started with is now very productive soil and food-wise we are 80% self-sufficient.

Barbara & Kevin Dawson
PO Box 260, TOODYAY 6566.

Dear GR Readers,

At last I have made it to the eastern states! Does anyone need the services of a person good with animals and gardening, good plain cook, OK with young children? My cats and I flew over and after unpacking the cats it was discovered that my stud boy had a huge swelling on his throat, so we had to wait till the vet was open for business and off we went. He had an enormous abscess drained and had acupuncture for a mystery virus which has invaded my cats. The acupuncture worked, fair enough, but I almost died when presented with the accounts. Since then I have relocated all the cats with virus 'X' and only have three left. They are the only family I have.

I am willing to work for just a roof over my head and freedom to show my cats and to raise bantams and possibly geese. Of course if someone wanted to feed me as well, I certainly wouldn't say no. I am

still very determined to get the cats I want to import from the USA and the cost is horrific. But I am a very determined person.

Pat Lever

741 Nepean Hwy, MORNINGTON 3931.

Dear Megg and David,

Could anyone help me with a request for BUNYA PINE NUTS for growing? Just a couple please. I know they'll grow here because there is one in the park in town. I can offer nothing in return but my thanks and the knowledge that if I get it right there will be some more majestic bunya pines growing around the place.

G. Cooper

5/80 Jessie St, ARMIDALE 2350.

Dear GR Readers,

I need to purchase any old clothes or material that is BATIK OR INDIAN TYPE MATERIAL that I need to finish my quilt. I would appreciate anything. Also, could anybody help me with courses done through correspondence? I'm thinking about doing HERBAL MEDICINE, so if there is anybody who has done this course, could you please write and tell me what you thought of it?

Fiona Pope,

11 Graham St, BOAT HARBOUR 2301.

Dear Grass Roots People,

Thank you for many interesting hours reading and helpful tips. I guess I qualify as one of the group, as in my mature years I have acquired six acres surrounding an old farmhouse and shed with SEC power and flood irrigation, thank goodness.

Over the past four years I've added fruit trees, vines and a productive veggie garden, the usual cat and dog, then a pig and now her daughter, a few angora goats which are increasing in ones and twos this week, a house cow, another with calves, lately a pair of ducks, who are busily filling a nest. So you see there are often times when there seems to be too much work and not enough me. How folk who don't come from a farming background manage these hobby farms is beyond me, but I wish them all the best.

Anne.

Hi GRs,

Does anyone have any information and/or addresses for any kind of alternative COMMUNES IN JAPAN and Indonesia? Any addresses or info on any commune guide books in Asia would be great.

Louise Watson

10 Debenham St, MAWSON 2607.

Dear GR,

Can any of our members tell me HOW TO GROW WISTERIAS successfully in our area? I have been told they will not grow here because of the salt in the air. All my gardening books say they will grow in most areas (our climate included) but my little Chinese wisteria just exists and does not seem to grow in his pot, even with slow release fertiliser added. Also what can I grow by the back door to repel flies and blowflies entering the house?

Marlene Rushton

140 Easton Rd, ESPERANCE 6450.

Try mints, basil and lavender near your doors and windows.

Dear Grass Roots,

In the last couple of editions someone asked for a GRAVY RECIPE. Well this is what I use: cornflour (a few heaped teaspoons), add tamari until it becomes a paste, then add water (approx 1 cup). Put in pot and watch it darken and thicken. Some nice alternatives are: add gravy mix to sauteed mushrooms or fried onions, or substitute milk for water with sauteed mushrooms to make a very tasty pasta sauce (add chilli to taste). Great with fettucine.

B. Duncan

PORT DOUGLAS 4871.

Dear Grass Roots,

Could I take the opportunity to thank the person who sent me a copy of a recently requested book? It was postmarked Bowraville. So a big 'thank you' to the person concerned, you will know who you are.

Vikki Green

RMB H422, BALLARAT 3352.

Although most of our contributors extoll the joys of country living, we are aware that the country lifestyle does not suit everyone. We are sure many readers will empathise with Michele McCormack and have a hearty laugh at her humourous (dare we say exaggerated) reminiscences of unreliable plumbing, primitive facilities, extremes of weather, snakes, biting insects and other creepy-crawlies and the inevitable hassles with animals.

BULLDUST AND BOA CONSTRICTORS

by Michele McCormack, Beaumaris, Vic.

A farm near Moura, a tiny cattle and mining town inland from Rockhampton, was the cause of my passion for city living. Here, I attempt to discover the causes of my country-life phobia.

Blame it on my father. When he was very young he had a fun holiday at someone's orange orchard. Thirty years later (To rekindle those youthful, lazy hazy days?) he bought a farm. It only had one orange tree, but it had God knows how many acres of crops and cattle and farm-type stuff. Mum was the first to realise the enormity of the change to our lifestyle: washing clothes in a kerosene tin, cooking on a wood stove, kerosene refrigerator. The poor woman had enjoyed a fairly comfortable existence until that time: golf, morning coffees, afternoon teas, fashion parades, nanny for the babies, and so on. The first thing she had to learn to do was to milk a house cow. The rest of the family certainly wasn't planning to play around with Gloria, the Jersey. We watched with interest, however, as Mum received lessons from a neighbour. To give credit where it's due, Mum became a fine little milkmaid for someone more used to attending Government House cocktail parties.

Dad soon discovered there was more to farming than enjoying the aroma of freshly cut lucerne. The toilet, constantly crowded with green frogs, never could cope with more than a couple of gentle flushes a day.

With more than two people in the house it ceased to function. Being handed a spade and told to 'go bush' would have constipated the severest gastro case. Dad would open the septic tank, don gumboots, drop into the depths where the top of his hat was level with the ground, and start bucketing. He eventually wised-up to the problem and purchased a special pump with a long pipe to convey everything away to a side paddock. Of course he had to learn to pin the end of the pipe down. There was that nasty incident when a number of visiting CWA ladies were inspecting our garden, and the pressure in the pipe caused the end to snake viciously back and forth. The assembled personages were sprayed with a septic tank load of something disgusting.

I had to learn to co-exist with the snakes, mice, and other vermin, a task I never accomplished. I couldn't pretend to be happy when I saw, coiled around thick tree branches, some monstrous slithering reptile with eyes spinning. I sure didn't love the experience near the avocado tree at the back door, when a shovel-sized asp head dangled and swayed near my throat. The family was shocked by my hysteria. 'Kill it? Never! It catches the rats in the house.' Rats? The family's blasé

attitude to reptiles bordered on the insane. The snakes had free entry to the house, it seemed to me. Too many times had I seen King Brown snakes coiled on plates in the crockery cupboard.

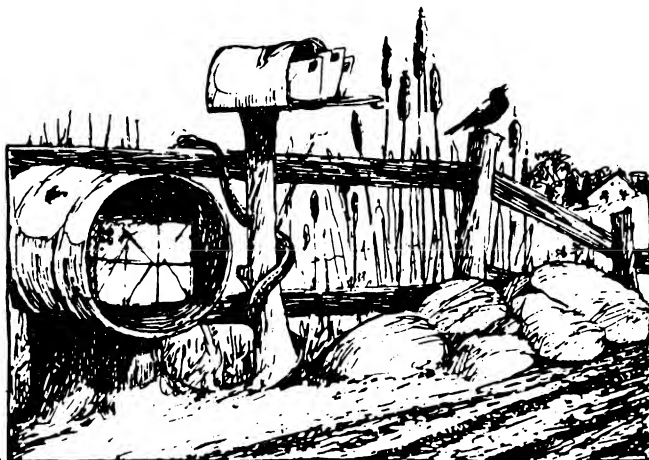
Some children disturbed a snake which had been lolling amid the furniture on the patio. Their excited calls brought me to investigate. Giant copper-coloured taipan balancing erect, tongue flicking, head swaying towards the children. 'Get a gun,' I screamed. 'Don't be bloody ridiculous', yelled Dad. 'You might put a bullet hole in the flyscreen.' Heaven forbid that a mosquito should enter through a hole in the flywire. No matter that a specimen of Australia's most venomous snake was in the house and readying itself for attack. Dad sauntered away for a broom and swept the aggressive reptile outside.

Snakes were so prevalent that Dad was reframing a photograph one day and discovered a snake somehow curled between the picture and the mounting board. 'Poor little thing. It's trying to have a drink', he said inanely, pointing to the photograph of a waterlily covered lagoon.

Then there was the time my cousin made his first visit to the farm. I could empathise with him for making it also his last visit. It was one of those typical inky black nights, no city lights to illuminate the way. I never ventured out in those conditions, of course. Who wanted a

broken ankle from slipping on a dinosaur cane toad? But my cousin went outside, poor devil. (I can't remember, but probably the toilet was blocked.) Deathly pale, perspiration dotting his brow, mouth contorted into a horrible grimace, he came rushing into the house. 'I've been bitten by a snake,' he whispered as he held up the palm of his hand. They inspected the fang marks. 'Yep, that's a snake bite all right. Where were you?' 'Just resting my hand on the front gatepost'. 'Yeah, ' they said as they readied themselves for bed. 'Snakes like it there at night. Poor harmless little tree snake; you probably frightened the life out of it.' They shook their heads in amazement at my cousin's cruelty. 'What if it wasn't a tree snake?' 'Give us a yell if you start feeling sick.' They left him staring at his hand and waiting to die.

Imagine the jaws of hell and that was Moura in summer. Ceiling fans did nothing more than spin the furnace-like heat around. Mosquitos and sandflies loved the conditions and were bred especially large to enable them to smash through the fly screens to reach nubile young blood such as mine. One had to be anaesthetised with alcohol to tolerate the conditions during an outdoor barbecue.



I can see one of my aunts in my mind's eye still. This cosmopolitan lady, woman of the world, top business executive, visited us from some civilised area to have a change from boardroom battles. Tiny, cigarillo smoking, rotund figure. The intense Moura heat forced her to scrape her peroxidised hair back from her face, and for the first time in her life she was unconcerned that the scars from her face-lifts were showing. All her style and dignity disappeared after a few days in Moura. The designer clothes remained in her suitcase. To our surprise, under her sophisticated exterior she wore a matronly bra and cottontail pants. We knew this because she lived, day and night, in them...a vain attempt to keep cool. All inhibitions melted in the extreme temperature. She gulped beer from the bottle to prevent dehydration setting in during the time it took to pour the liquid into a glass. She had a partially amputated index finger adorned with a black velvet finger guard. The finger was used to stab the air in time with her repetitive pronouncement on life on a Moura farm. We could even hear her moaning into the night after we'd gone to bed, 'If they gave the world an enema, they'd insert it in Moura.'

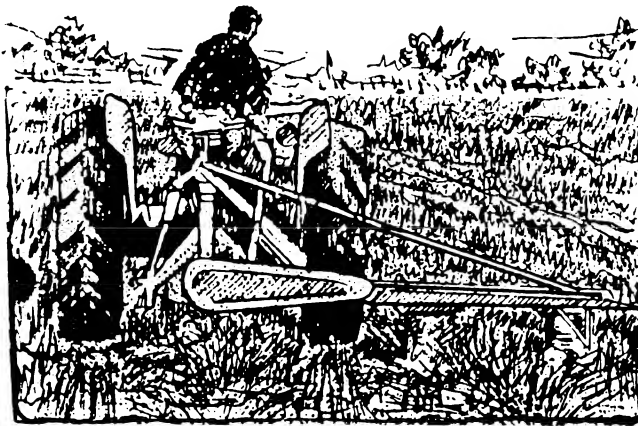
Just to make conditions more intolerable, the brief winters were freezing; frosts, night after night, killed the fruit trees and encouraged the mice to leave the icy wheat fields to seek warmth in the house.

I was fortunate to be sent to a rather exclusive boarding school when we moved to the farm. Hence I escaped the rigours of country life for a good portion of the year. This school compounded my attitude problems to the farm. I developed a rather nasty condition called Severe Snobbery. For example, it didn't please me to travel home by train for my holidays one year. My parents met me. 'Where's the car?' I enquired, looking for the utility and thinking of my friends flying home in their private planes to be met by their Rollers. 'Broken down,' answered Dad, casually. Mum and I, in our high heels, climbed on the towbar thingy on the back of the Massey Ferguson tractor. We gripped the mudguards firmly as the wind brought tears to our eyes. (Well, something brought tears to my eyes.) Our fur coats blew behind us like windsocks in the crisp night air. We bounced the miles home to the farm, tractor roaring, being overtaken by cars full of laughing, pointing people on their way to the city. Another time Dad came to collect me from school. All the boarders were gathered in the waiting room. 'Are you ready?' roared Dad. 'I've got the Jag today.' A thousand pairs of eyes swivelled outside to the driveway. There, amid the Bentleys and Daimlers and Rolls Royces and a few Mercedes owned by the impoverished, was our aged jeep, doorless, windscreenless, roofless. 'Mind the dust, Babe,' screamed Dad as he thumped the corn sacks covering what used to be the seats.

To give the family a break from my whingeing, I think, I was urged to plough a paddock – or cultivate it, or whatever you do when you tow behind a tractor something called a scarifier. What a mind blowing job! Around and around and

around. Must have become dizzy because after a couple of hours I caught one of the tines on a fence, snapped it off, and pulled out mile after mile of fencing. A teensy little error. Actually I suspected Dad found tractor work boring also. Mum never realised how often he was saying that he was off to plough the front paddock, the one that ran beside the main road into Moura. She didn't even realise when he came home at dark, his voice roaring in song above the din of the tractor. His scheme came undone when his thoughtful wife went out to the paddock with a cold drink for him. The tractor was idle, deserted. Mum was normally a gentle person but that night we rushed to hide from a virago who had discovered her husband was hitching a lift into the pub at 10.30 am and another one back to the tractor at 5.30 pm.

Apart from the crops, the farm supported a few head of cattle and other assorted rural-type livestock. My young brother, strange lad that he is, was interested in chooks. His favourite was 'Grey Ghost', a grey speckled specimen with a red plastic identification ring on its leg. Grey Ghost spent hours being cradled by my brother, the two communicating, I understand, during my brother's daily visits to the chook yard. Every couple of weeks we would have a roast chicken dinner. The quietest bird to catch was Grey Ghost so each fortnight he was duly despatched and the plastic ring was placed on another young cock-



erel. The day after the assassination my brother, bloodied, scratched and shaken, would emerge from the chook house. 'I don't know why Grey Ghost didn't like me today,' he'd say. Dad and I are still in disgrace over the chicken episode. Mum ordered 300 day-old chickens which were housed on straw in a wooden outhouse. A nice kero lamp kept them warm. Mum went away on holidays and we were on our best behaviour to keep the lamp burning to ensure the chickens didn't perish in the cold. It wasn't the cold that killed the three hundred... and we lost a perfectly good outhouse in the fire, too.

When Kimba, the Great Dane, was older she developed arthritis and often had difficulty getting to her feet. One late night Mum arrived home from a function and called to the dog. An answering bark told her that Kimba was lying at the bottom of the steep riverbank. Dressed in her best frock and high heels, Mum pushed and pulled to no avail. Cautiously, nervously, she woke my father, a man not noted for his interest in dogs. His language was deplorable but he grudgingly went to help. The two struggled vainly for half an hour. Finally Mum offered to fetch a rope so they could both haul the dog up. She dropped Kimba's collar and the huge beast slid down the bank, and Dad, who'd been pushing from the rear, was knocked to the ground. 'Bring a gun and a bullet,' said Dad, sitting at 3 am in his striped pyjamas in the mud, Great Dane straddling him. 'I'll put this b.... out of its misery.' Mum started towards the house. 'On second thoughts you'd better bring a couple of bullets,' he called after her, 'then you can put us both out of our misery.'

Of course, the family, apart from myself, became injured to the hardships of the farm. And civilisation, of a type, eventually reached out and touched us. With the advent of electricity came television and a dishwasher which remained inoperable. The water clogged the pipes. We had thick water in Moura, vitamin enriched with dead water rats, cow carcasses, eels, drowned crows and so on. It was pumped into tanks from the Dawson River which flowed beside the house. The screens on the tanks had rusted so that the bottom of the tank was feet deep in rotting apricots from the overhanging tree, and cockatoo excrement that washed from the house roof in the rain. Drinking the river water gave my parents enormous health benefits. They were able to travel throughout China, drinking from paddy fields, eating from roadside stalls, never boiling anything, remaining fit as fleas. I, on the other hand, suffered notorious Bali belly if I drank so much as a drop of Moura water. Thus, for health reasons, I never touched any liquid other than wine when I was at the farm.

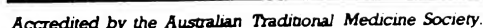
These days I keep well away from rural life. My family visit me in Melbourne where I have a hell of a time with them. They persist in getting undressed in front of windows while forgetting the sensibilities of the neighbours. They leave the house and car unlocked because they don't know about thieves. They trustingly talk to strangers in parks and on trains and stroll around the streets at night unknowing of muggers. They walk barefoot along the beach without a thought to the discarded disease-ridden syringes. The fools don't know the risks they take when they stop to help strangers with car troubles.

And do they complain! They whine about the noise and the traffic and the smog and the crowds and the dirt and the crime and the houses so close together. They carp and grizzle and go on about how they can't wait to get back to the farm. It's thirty years since my family left civilisation behind and moved to the farm and for some obscure reason they are all still living in Moura. I really can't understand them.

Take advantage of an opportunity to mix with and meet leading nurserymen and plant propagators from around Australia at the International Plant Propagators Society 1993 Conference. Held in Albury/Wodonga between May 13 and 16, 1993. This year's theme is 'Practical Propagation Towards 2000'. Renowned for their friendly atmosphere and hands-on approach, IPPS conferences are regarded by many in the industry as the one conference not to be missed. Conference sessions will involve short talks and demonstrations, discussion groups and field trips. Delegates will split into special interest groups early in the conference, giving them the opportunity to meet with and discuss subjects of common interest. An array of leading experts and hands-on propagators from around the country will speak at the conference. A number of short papers will be presented on the latest ideas for propagating specific types of plants including hostas, proteaceae, natives, rainforest species, alpine plants, water plants and perennials. A trade displays area will operate throughout the conference.

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TROPICAL DELIGHTS FOR ALL

by Cecil Falls, Willunga, SA.

It doesn't seem so very long ago that pawpaws and mangos were considered to be unusual and exotic fruits when they made their brief, expensive appearances in supermarkets and fruit shops in the southern areas of Australia. In recent years their glamour has been surpassed and outdated (not that we enjoy them any less) by a constant flow of 'new' fruits (often having weird shapes and unusual, evocative names) onto the market. Temperate area gardeners who have been feeling a bit envious of this rich variety of fruit available to their tropical counterparts need envy no more. With a little thought and planning many tropical and subtropical fruits can be grown successfully in cooler areas.

MICROCLIMATE

Almost any garden will have, or can easily have created, a microclimate area suitable for growing exotic fruits. Often these areas just happen by accident as a result of other plantings or of the positioning of houses, sheds or garden walls. The two most important considerations are frost and wind protection. For the strictly tropical plants a frost-free area is essential. However, many subtropical plants will tolerate light frosts when mature. Young plants will need physical protection from frosts. This may consist of a heavy plastic covering around the plant when it is very small or a hessian or canvas structure surrounding a bigger plant. One method you may like to use is to start young plants off in pots which can be brought inside during the colder months. They can then gradually be acclimatised to a pergola or courtyard, before being placed eventually in your garden. Low valleys or high altitude areas usually experience the most severe frosts. The cold night air moves downward to settle in the lowest part of the garden. An elevated garden area in a sheltered position with a warm north or north-east aspect is ideal. Seaside areas are usually frost-free and provide good growing areas as long as there is wind protection.

Strong winds will damage exotic trees at all stages of development. Most gardens and farms will have windbreaks in the form of buildings, fences or specially planted barriers of trees and shrubs. Tall shrubs/trees are planted as a first line of defence with a second line of lower growing plants filling in gaps. Ensure your windbreak is not so impermeable that it causes wind tunnels and strong eddies. Where space is limited plants can be protected by structures of hessian or shade cloth. You may already have a north-facing courtyard or area protected by a retaining wall or bank of shrubbery. If so, this is a good spot to experiment with exotic plants.

Your soil must be healthy, rich in organic matter and free-draining, although not so sandy as to cause water stress in hot weather. Many tropical fruit trees are susceptible to root rot and will not tolerate waterlogging for any length of time so do not plant them in heavy clay soil even if it is in a frost and wind protected area. Improving your drainage and soil structure will enable you to take advantage of any such site.

Many exotic trees are shallow-rooted so need a good steady water supply and deep mulching during hot weather. However rake the mulch away from the plant during the colder months if there is any likelihood of it serving as a frost trap. Make sure

your plants have room to grow and plenty of light. It is probable that exotic fruit trees will never reach their full potential or fruit as early in cooler areas, but if you keep them healthy they should provide a good yield nonetheless. The following information about specific varieties you might like to try is not meant to provide a comprehensive growing guide, merely to whet your appetite. The times given from planting to fruiting are those for tropical areas, how long it will take in your area only you will find out.

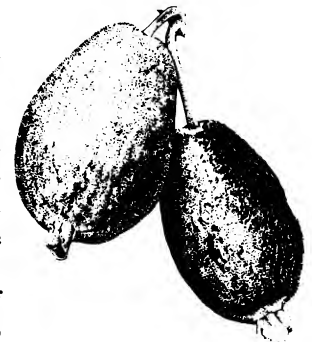
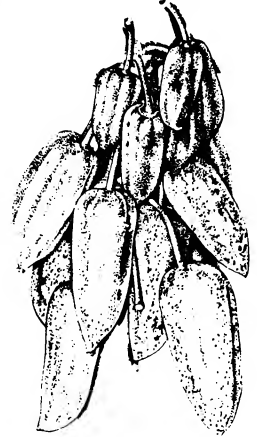
BABACO

This small subtropical tree grows in a single stem up to two and a half metres high so is suitable for growing in small areas. It is more cold tolerant than the related pawpaw but must be in a frost-free position, although mature trees may withstand light frost. Plants exposed to high temperatures and low humidity may develop sunburnt fruit or immature fruit drop. Use well drained, friable soil with good organic content to minimise susceptibility to root rot. Plants are shallow rooted so need mulching and wind protection with plenty of summer moisture. Fruits are large (up to 30 cm long and 10 cm across), weigh up to a kilogram and have a distinctive five angle shape. Each tree can bear 25-35 fruits each year. The fruit reaches its full size about two months before it is ready to eat and may ripen from 9-14 months after planting.

Harvest fruit, when it is about one-third yellow, by snipping the stem. It has a shelf life of about four weeks or will keep longer in the refrigerator and should be eaten when fully ripe. After fruiting the stem of the tree should be cut right back to about 25 centimetres high. Allow one or two shoots to grow up as the following year's fruiting wood. Plants are propagated from cuttings or tissue culture as the fruit is seedless.

FEIJOA

The feijoa is related to the guava family and is sometimes called pineapple guava. Plants grow to four metres and make excellent ornamental trees, producing attractive red and white flowers (the white petals are edible) in spring and summer. It is one of the most hardy of the exotic plants, being able to withstand drought and very cold temperatures – even down to -9°C. Late autumn frosts could cause fruit damage, but early spring frosts should not affect flowering. (Kiwifruit and persimmon are other tropical fruits which will tolerate cold conditions and winter frosts.) Feijoas do not do well in moist tropical regions. They will cope with a wide range of soil types, preferring well drained, slightly acid soils and are fairly wind resistant having been used extensively in New Zealand for wind breaks. Plants grown from seed vary considerably and may not



fruit. Grafted plants should begin bearing in two to three years. Fruit matures from March to June and mature fruit falls to the ground naturally. After a few fruit have fallen pick those which come away easily in the hand and which give to slight pressure. Immature fruit will not ripen off the tree. One authority claims that, 'Although the skin of fallen fruit may be blemished the fruit's flavour will be better than that of fruit picked from the tree.' (Agfacts, NSW Dept of Ag, Agdex 238/12.) A subtle colour change from very dark to dark green shows when the fruit is mature. Fruit will keep for over a month in the refrigerator.

GUAVA

The two main varieties are the common guava and the cherry (sometimes called strawberry) guava. The common guava is said to have the sweeter fruit. Plants can grow from three to ten metres high and are frost sensitive, although mature trees in the dormant phase can survive light frosts. A long period of warm weather is needed for flowering and fruiting. Plants will tolerate a wide range of soil types from open sand to heavy clay, they will survive flooding and periods of waterlogging and are drought tolerant. Heavy mulching and wind protection is necessary as they are shallow rooted. Guavas show great genetic diversity in fruit shape, size, flavour and texture. Plants can be grown from seed, but may not produce good fruit, so buy budded or grafted trees which should bear in about 18 months. The fruit matures from late summer to autumn, although in warmer climates fruiting may occur continuously throughout the year. Ripe fruit will keep in the refrigerator for about two weeks. Plants will flourish in containers so can be grown on a sunny patio.

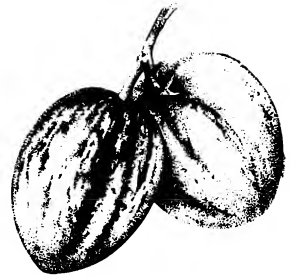
MANGOS

There was a detailed article in GR 82 about growing mangos in southern areas so I will mention only a few points here. A hot, sheltered, frost-free position is needed. Young, actively growing plants are susceptible to frosts of -1°C to -2°C but older trees, especially if in a dormant phase will usually cope provided the low temperatures are not prolonged. A dry spring during flowering and early fruit growth is important for a good yield. They are drought tolerant and can withstand occasional flooding, being one of the most tolerant tropical species to wet feet. Plant in a deep, well drained sand to loam soil. Heavy fertile soil which retains water well often encourages vigorous growth but low fruiting. Trees are propagated by seed, grafting or budding and begin bearing in three to four years. Fruit matures from October to April depending on the variety and location. If picked at the mature-green stage fruit will be fully ripe in 7-14 days. To determine if fruit is ready to be picked cut out a section, right through to the seed. If the pulp next to the seed is yellow, fruit should be ripe in about a week. Harvest by cutting the stems. Mangos have a short shelf life, but can be stored in the refrigerator for a couple of weeks.

PEPINO

This is another plant to try if you have a small protected area such as a north-facing courtyard as it is a bushy plant growing to only a metre high. Fruit is egg shaped and yellow skinned, streaked with purple, making it a very attractive ornamental shrub. It is a hardy plant, preferring sun or semi-shade in a sheltered, frost-free spot with well drained soil. When the shrub has begun to grow well a trellis may be needed to help support

it. Pepinos planted in spring should fruit during the following summer and autumn, although they may fruit continuously throughout the year in warmer areas. Fruiting occurs every second year. Ripe fruit bruises easily to requires careful picking and handling. Fruit will keep for a week or two at room temperature and up to a month in the refrigerator.



TAMARILLO OR TREE TOMATO

This is a good plant for a suburban garden as it only grows to three metres high. The fruit is either red or yellow, depending on variety. The red is more popular, but the yellow is said to be milder and sweeter. It needs a warm frost-free site with good wind protection (as it has brittle limbs) and well drained soil. It is shallow rooted so mulch well to conserve moisture. Plants can be propagated from seed or cuttings and start to crop in the second year, with fruit ripening from May to September. Regular pruning is essential as fruit is borne on the current season's wood. Fruit is picked when it is bright red or yellow-orange and when it gives to slight finger pressure.

The fruits I have mentioned are only a few of the tropical fruits you may be able to grow in your temperate area garden. To find out more I suggest you borrow a book from the library and browse through it to decide what might grow well in any protected microclimate area you may have or could easily create in your garden. This could be an enjoyable and challenging area to experiment with. Ask your local nursery to order in any plants you require or refer to the first of my references which lists some exotic fruit nurseries.

References

Tropical Fruit - An Australian Guide to Growing and Using Exotic Fruits, by Glenn Tankard, published by Viking O'Neil, RRP \$27.99.
Tropical Tree Fruits for Australia, Queensland Department of Primary Industries, RRP \$30 plus \$9 p&p, available from GPO Box 46, Brisbane 4001.

NOSE BLEEDS

Apply a wad of cotton wool soaked in lemon juice to the nostrils.

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AFTER THE GET WELL CARD

by Lynda Delacy, Indooroopilly, QLD.

As a CFS sufferer I know all about the get well cards and cute little toys that people give you when you're sick. When I was too sick to do anything such gestures were greatly appreciated, but after the worst was over there came a period of blues when I needed more than that. Anyone who has even had a cold knows about this half-sick stage. Too ill to do anything, but too healthy to sleep all day. Boredom sets in, and then depression, which does not help the healing process. Unfortunately, this is often the time friends and family drift away, thinking the worst is over. If ever you wanted an opportunity to show someone how much you love them, this is the time to take it. Think about the person involved. What do they like? What don't they like? How would you feel in that situation? The ideas below are just a guideline, but they may inspire you to help in a way that will be remembered forever.

CHILDREN

- Nothing will help a young child's state of mind more than your company. Try to be with him as much as possible, to play games and tell stories and give lots of hugs.

- Television, radio, picture books and sweets are (naturally) good sources of amusement. Try not to give too many lollies though, unless you want to be unpopular with the nurses. Children like sweet things, so shiny apples, bananas, grapes and sultanas should appeal.

- Try to arrange for the child's friends to come and visit. If you pick them up and take them home their parents will be happy to lend them to you for an afternoon.

- Ask your friends and relatives to write to the child and ask the child's teacher to have cards sent from his classmates. Guaranteed to raise a smile!

- Any toys or games that can be played with alone will be appreciated, but do make sure that the toys are ones that can be played with, not just looked at. Small dolls, cars, drawing sets and activity books are better than giant teddy bears and complicated board games.

- When giving books make sure they are simple and colourful. Lengthy books are best left until the child is feeling better.

- If the child is in hospital, try to bring familiar things from home when you visit. A figurine or small clock will reassure him that home is still there waiting for him.

- When money is short there may be a toy library nearby that you can borrow from. Look in libraries, second-hand stores and book exchanges for ideas.

- If the child is well enough he might appreciate (!) some school work to help him keep up. Support him in this, but stress that getting well is more important than anything else. Don't let the child fret about the work he is missing.

- Give the child a fancy notebook and pen to record his thoughts and feelings. This might be appreciated by an adult too. Get older children to make up a story about what to expect in hospital. The hospital library might like to keep it for others.

- Try to keep the surprises coming even when the child is home. But don't overdo it – he might start to like being sick! Get him out into the fresh air as much as possible and talk about the things he will be able to do when he is better.

TEENAGERS

- A teenager will be feeling a bit embarrassed about everything – the indignity of the illness and its treatment, and his/her sudden helplessness. Try to keep this in mind and reassure her that everything will be all right, even if she is putting up a brave front. Be tactful about discussing the illness in front of others.

- Teenagers love movies. If you can, try to hire a video recorder and supply of movies for the period of illness. And remember to ask her what she would like to see. Some places have catalogues that you can choose from.

- Friends, friends and more friends. It may hurt, but at this stage of life friends can be more important than family. Try to keep out of the way when friends are visiting so they can have their little gossip sessions without adult invasion. Trust me on this, your teenager will appreciate it!

- If the teenager is in hospital, ensure that favourite clothes and cosmetics are available. She is not a child anymore and will feel a lot more confident if she can make herself look better.

- Bring in books, comics and radios. A simple walkman tape recorder will be much used and friends will be happy to lend tapes. Some libraries have a good supply of modern music.

- Scout around craft shops for ideas. One never knows, this illness might bring a budding Picasso into flower!

- Do arrange surprises for your teenager, but also remember to ask what *they* want. You may be surprised by the answers.

ADULTS

- Illness can bring out the worst in people, especially if they are independent souls. Be patient. Take the time to listen, but don't drip all over them with sympathy. That doesn't help anyone and may be very irritating to the patient.

- Tapes, books, magazines and movies. Ask the patient what they would like, and make sure that they tell you.

- Let everything speak of your love. Get the children to make cards and presents and give home cooked rather than store bought treats.

- Try to get a roster going of friends and family to visit the patient. Adults need love, support and reassurance too.

- When giving books remember that in the early stages of recovery short novels, humour and books with lots of colourful pictures are best, they also make good conversation pieces.

- Snoop around book exchanges for back issues of interesting magazines.

- As with teenagers, adults in hospital will appreciate cosmetics and toiletries, things that are often neglected in the rush to the hospital. I know a terminally ill woman who blow-dries her hair and makes herself up every morning and she is a pleasure to see. Pretty bed jackets can be made or bought for women and are sure to please. The patient will feel a lot less vulnerable if she has some confidence in her looks.

- Look through magazines and craft shops for ideas for things to do, but don't be disappointed if the patient prefers to watch television or read. Not everyone is interested in leathercraft or patchwork.

- Stay positive but not patronising and encourage the patient to think of the future.

There will be times when the patient is miserable, so don't blame yourself when it happens. Given time and a kindly ear, it will pass. People are so quick to praise the 'bravery' of the handicapped that they forget that such bravery is unusual. Most people are miserable when they are sick, and so they should be. The task for friends and relatives is to keep life interesting while they are waiting to get well. Help them to find things they *can do*, rather than things they can't. Good luck!



INFORMATION FOR TASMANIAN BUSHWALKERS

The Department of Parks, Wildlife and Heritage (Tasmania) has produced a set of brochures and bushwalking notes to provide accurate, up-to-date information to potential walkers before they arrive so they can be ready for the conditions, can minimise their impact while they walk and hopefully enjoy their walking more fully. Almost two-thirds of Tasmanian walkers are from interstate so the materials have been mailed widely throughout Australia. They include: notesheets from the 'Bushwalker Notes' series, 'Welcome to the Wilderness' booklet, 'The Overland Track' - a walker's notebook flyer, a notesheet on the Draft Track Management Strategy for the Tasmanian Wilderness World Heritage Area and a bushwalking resource materials list and order form.

Anyone requiring further copies of any of the above or any further information can contact The Land Information Bureau, GPO Box 44A, Hobart 7001 or phone 002-336-047.

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RAINBOW FESTIVAL 1993

The Rainbow Festival is fast becoming one of the best known and most accessible festivals of its kind. By bringing together as exhibitors, groups and individuals who are actively involved in wholistic living, The Rainbow Festival aims to offer the public an avenue in which to explore the many areas of natural health care, spiritualism, conservation and the environment within an atmosphere of relaxation and fun. In so doing, the gap between wholistic principles and practices and so-called mainstream modalities, may be bridged. The Rainbow Festival is an occasion to be enjoyed by the whole family. Children are encouraged to participate and a gift of a tree seedling will be given to the first one thousand children to visit each festival.

The organiser believes that the festival should be accessible to all genuine exhibitors. To that end, stand fees are set as low as possible whilst at the same time providing a professional product for both exhibitors and the public.

In addition to the Melbourne Rainbow Festival, the organisers are delighted to include Hobart and Sydney in the Festival calendar for 1993. Venues and dates are as follows: Hobart, Princes No 1 Shed, Princes Wharf, Hobart, March 6th, 7th & 8th, 1993, Saturday & Sunday 10 am-7 pm, Monday 10 am-5 pm. Melbourne, The Expo Building, Royal Agricultural Showgrounds, Epsom Road, Ascot Vale, June 4th, 5th & 6th, 1993, Friday & Saturday 10 am-7 pm, Sunday 10 am-5 pm. Sydney, The Government Pavilion, Sydney Showgrounds, Driver Avenue, Paddington, June 25th, 26th & 27th, 1993, Friday & Saturday 10 am-7 pm, Sunday 10 am-5 pm.

For all further information regarding bookings and stand costs please contact: The Rainbow Festival, RMB 216, Broomfield 3364. Ph: 053-451-1150 or 008-032-615. Fax: 053-458-042.

HOME WORKSHOP BOOKS

We have a continuous supply of "stock seconds" from our printing dept., and are selling them at reduced prices. (The covers are marked, but the contents are in first class condition)

Melting Furnace

Easy to build in the home workshop. Uses charcoal, coal, coke or briquettes. Reaches a brilliant white heat ie 1550 C. Easily melts all normal casting metals eg aluminium, brass, cast iron etc. (Suppliers of coke, refractory cement etc. Phone numbers and addresses included, plus easy aluminium casting methods with plaster of paris moulds)

MF55 — \$9.00

Case Harden Steel

Make tools, chisels etc from ordinary steel, then case-harden to a hard tool steel finish. Harden shafts, tractor parts etc. Methods, formula and techniques for use in the home workshop. The mixture is absorbed up to 1/8" into the steel by a heating technique. No special skills needed. Chemicals are cheap and easily obtained.

CH53 — \$7.00

Water Divining

Details the proper methods of making and using divining rods to find underground streams and reservoirs. You will be able to accurately assess the depth, rate of flow, amount and purity of the underground water.

D38 — \$6.00

Furnace Charcoal

Low cost easy to build charcoal producer turns waste wood into high grade furnace forge charcoal without burning the wood (Known as "coaling wood"). This principal was used in the 18th century iron foundries.

CC56 — \$8.00

Diesel Blow Torch

Make with standard brass fittings. Works like a supercharged blow lamp. Light and versatile with a pistol grip handle. Ideal for fast heating of big areas eg separating aluminium scrap, stress relieving welds, hardening and tempering steel, chemical case hardening, preheating cast iron prior to welding etc.

DT54 — \$8.00

Power Unit — Welder

This book shows how to convert an old car alternator into a portable welding unit and high voltage power plant. Included are diagrams showing how to build wind chutes and water turbines to drive stationary powerplants. Also tips and techniques to rejuvenate old car and truck batteries.

P37 — \$9.00

Blacksmith Forge

This is a brilliant design, being easy to make, low in cost, and exceptionally efficient. It will heat heavy pieces of steel to a soft plastic state in a few minutes. Plans included for making old style bellows, and procedures to harden, temper and anneal steel.

F52 — \$9.00

Air Compressor

Step by step instructions show how to make a compressor using the piston assembly of an old lawn mower and used car parts. It's capable of all high and low pressure work ie sand blasting, spray painting, running air tools etc.

C33 — \$7.00

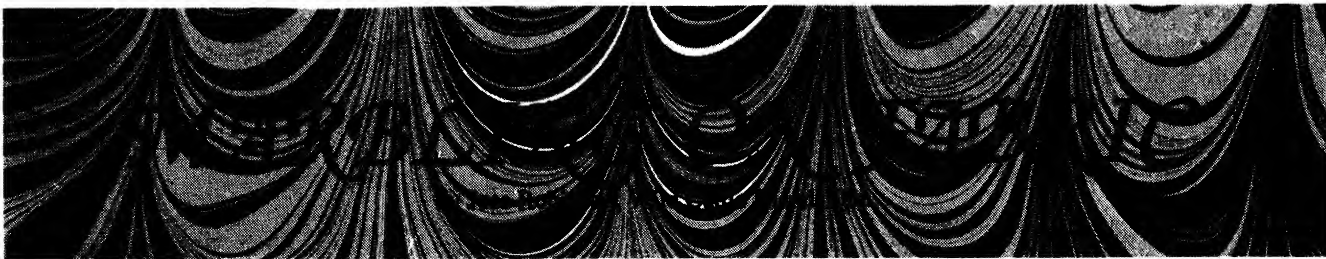
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In my article, *Marbling on Paper*, in the last issue of GR, we looked at the beginner's introduction to a simple method of marbling. Hopefully, by now, those who experimented with this method have had some pleasing results and have graduated to making their own gift wrapping paper, greeting cards, writing paper, envelopes and other crafty items. Now you should be ready to try marbling on fabric. I'll show you how to marble exquisite silk scarves, fun T-shirts and individual fabrics to enhance your home. You can make beautiful gifts and even designer sneakers! All the apparent complexity in marbling designs, you've now discovered, boils down to the simple process of moving the colour a little this way or that, on the surface of the water. You must be hooked by now, and like me, knee deep in the magic of playing with colour like a child.

Last issue we looked at the basic process for marbling on paper which involves having a suitable tray or bath to hold the size. We looked at the mordanting of the paper so that the paint will adhere to it. Then came the placing of the paint onto the surface of the size and the manipulating of it to spread into desirable patterns. Then the transferring of the design to the paper and lastly the rinsing off. With fabric marbling, you can still use the same small tray you used for the paper and run off a few small fabric samplers. As you graduate to larger items such as scarves or fabric lengths, naturally you'll require a larger size tray or bath to accommodate them. As well, you may need larger combs or rakes to form the designs. Lots of items you may find around the home make excellent rakes. A cheap Afro plastic comb makes a wonderful rake. A wider-toothed comb which you can manufacture from pins and a piece of thick cardboard is my favourite tool for the traditional peacock patterns. If you wish to make a rake that is more durable, then construct one from lightweight timber the full width of your marbling bath and adhere the pins or fine nails at regular intervals with waterproof glue.

MATERIALS

Carrageen Size

Carrageen size is a must for good quality marbling. It is available from art suppliers, and although it seems fairly expensive, it is the only size to use for professional work. It does go a long way if you are careful. Carrageen is Irish seaweed. Another size you can use for fabric marbling is methyl cellulose with the addition of ammonia and white vinegar. Methyl cel is an organic product. Some gardeners use it around the base of plants to hold moisture in the roots. Here we are dealing only with carrageen. The basic proportions are two tablespoons of carrageen for each 4.5 litres of water.

Using a blender just over half-full of water at room temperature, switch it on and slowly add the first tablespoonful of carrageen. Blend for about one minute. It will become frothy, but it is important there are no undissolved lumps left at the bottom. Tip this into a bucket, then mix the second tablespoon

of carrageen with a similar quantity of water. Pour in with the first lot in the bucket and make the water up to 4.5 litres when the froth has died down. For a larger quantity, just mix up more, but always keeping to the same exact proportions. Pour into the marbling tray and allow to mature for 12 hours. If you do not age the size, your results will have ragged edges on the marbling and probably air bubbles which would spoil the pattern.

Water

Rainwater is the best water to use, or distilled water. Hard minerals in piped water can upset the quality of the solution. The marbling tray should be filled to a depth of 4-5 cm, so you will have to work out your quantity accordingly. Mixed carrageen will spoil faster in very hot weather, after all it is a marine growth. So it depends on where you live as to how many days your marbling bath will stay sweet. You'll know if it has gone off by the consistency, as well as the bad seaweedy aroma. Once the fabric is cut to the required dimensions and well mordanted with the alum (instructions in part one GR 94), you are ready to mix the paints.

Paint for Fabrics

Acrylic fabric paint is the most suitable. There are plenty of brands on the market and they come in a fantastic array of wonderful colours. Best to stick to the one brand as sometimes different brands have different additives which are not always compatible. Fabric paints should not require any surfactant in order to float and spread on the water. If thinning is required, simply use a little water. If by any chance your brand of fabric paint refuses to float, the addition of a little 'Photo Flo' available at photographic stores should fix this. The consistency needs to be similar to thin cream.

Fabric

The fabric having been mordanted with alum and dried, must be ironed to remove all creases. If more than one piece of fabric is to be marbled, have each piece spread out in a stack on a nearby table away from the possibility of being spattered. A rinsing tub with running water or hose must be close by. It is a good idea to have a drop sheet or newspaper spread out on the floor in case of drips between table and tub.

Cotton, silk, linen or rayon are the ideal fabrics to marble. Some silk blends and cotton-poly blends may work, but cannot be guaranteed fast to washing. All cloth to be marbled should be well washed before mordanting to make sure there are no remaining additives or drip-dry finishes remaining in the fabric.

METHODS

Marbling Fabric

Marbling fabric is done in the same way as is paper.

Step 1: Apply the colours on the surface of the size.

Step 2: Using your favourite tool such as whisk, rake, comb, stylus etc move the colours around to form your desired pattern. Blowing the paint on the surface creates an interesting pattern.

Step 3: When satisfied with the design, lay the fabric onto the

surface of the bath for about one minute. If you have a helper, each of you can take two corners of the fabric and position the cloth over the bath and let it droop in the middle. Lay it middle first onto the surface so that is the area which makes initial contact, then allow it to smoothly and evenly contact the remaining surface. Keep equal tension on all four sides. If air bubbles become trapped under the fabric, the result will probably be white blobs.

If you are working on your own, one idea is to tack or pin the fabric each end to two lightweight wooden skewers or dowels.

Step 4: When peeling the fabric off the size, be careful not to touch it except at the ends or corners, otherwise the design may smear. Now rinse under running water. If you can make a thin board the size of your fabric, it makes the job of rinsing much easier, as when you first lift the print from the bath, you can slap it straight onto the board. Then leave it on that board while running the tap or hose over it to rinse. Remove it from the board and hang to dry.

Curing

After the fabric is dry, let it stay for two days to a week to cure. Then heat set it by ironing with a medium heat for three minutes.

If the size is to be used again, skim the surface with strips of newspaper before laying in the next lot of paint for another design. Should you need to keep the bath for a day or a few days, skim the surface well, then cover to keep out any dust. Wash all other equipment.

To Marble T-Shirts

You must separate the front from the back of the shirt by inserting a piece of thick cardboard, otherwise colour will seep through the fabric layers.

Lay the T-shirt flat on the table with the cardboard underneath it. Trace around the shirt with a pencil so you have a complete outline of the shirt. Cut the shape around and insert inside the shirt. As long as your size tray is sufficiently large to take the flat shape of the T-shirt, you then marble in the normal way. It is wise to rinse and dry the first side before attempting to marble the second side, unless you are really expert.

To Marble Sneakers

Sneakers can shrink, so if marbling on new ones, it is best to buy a half-size larger than you'd normally wear. Soak sneakers in the alum solution (30 g of alum in 600 ml cold water) and allow to dry.

There are two different ways of marbling sneakers. One is to use your normal marbling tray and roll each sneaker slowly and carefully over the surface of the paint design on the water. Doing the two of them together, one in each hand, takes a lot of expertise. I'd suggest first do one, skim the colour and try to get as close a pattern as you can for the second sneaker.

The second method is to use a bucket suitable in capacity to allow one whole sneaker to be submerged. Fill the bucket with size and make the paint pattern on the surface with acrylic paint. Holding one sneaker by the edge of the sole, lower it canvas side down into the bucket, completely submerging it. The pattern should wrap around the whole shoe. Then rinse. Skim, repattern, then dunk the second sneaker. Allow both shoes to dry, then heat set the paint for 15 minutes in a clothes dryer. The results can look fabulous.

POSSIBLE USES FOR FABRIC MARBLING

- tablecloths and napkins
- pillowcases
- cushion covers
- applique work
- men's ties
- meterage fabric
- aprons
- shopping bags
- childrens toys and toy bags
- scarves
- all items of clothing
- canvas sneakers
- place mats
- box and container covers
- wastepaper baskets
- collages for wall hangings

A handy reference book is *Paper and Fabric Marbling* by Rex Swindlehurst in the Lothian Australian Craft Series, published in 1991 and priced at around \$20. Your library may be able to get it in for you if you provide them with this number: ISBN 0-85091-453-1.

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A HOME IN THE BUSH

It's Worth the Blood, Sweat and Tears

by Heather and Martin, Finch Hatton, Qld.



In common with many city dwellers, my wife and I had dreamt of a home away from the tensions, the pollution and the noise of a big town. Living in a highset three bedroom house, five kilometres outside town, we often remarked on the fact that in reality most of the house was actually owned by the bank. How nice it would be to own a home outright, built in a fashion to suit our taste and blending into the surroundings. After doing simple sums of what we had in small assets and what we could save from earnings (both worked full time), we set about establishing a budget for the big 'break-away'. Suitable land was not easy to find and a number of trips led us as far south as the Sunshine Coast hinterland in search of an affordable block, hoping to find lots of natural resources such as water supply, cosy climate and appealing environment.

Having inspected several dozen properties, we decided on a 26 hectare block in the Pioneer Valley (70 km west of Mackay). How different it looked from the surroundings we were accustomed to of bricks, concrete, congested roads and noisy nightlife. Here was a virgin piece of land, overgrown, wild fruit, steep gullies, a clear creek, a spring, tracks covered in tall grass, majestic mountains and rainforest at the rear, and abundant wildlife including wallabies, lorikeets, kingfishers, cockatoos and even a rare blue-clawed river crayfish, plus some less desirable species such as a wild pig and dingoes.

How could just two people in the third decade of their lives tame such a large area? We asked ourselves this question as we sat on a rock among wild grasses on one of our many visits to the newly purchased land. It was then May 1991. The ensuing months were spent turning surplus 'city gear' which included washing machine, TV set, typewriter and fancy electrical appliances into cash. Still needing extra funds, we decided to sacrifice our old model sedan and promptly had the cash to purchase main bearers for the house, roofing materials, tools and cladding. To save on expenses, we submitted our own carefully drafted building plans to council and received approval

after submitting a few finer details later. It was of great help to get some professional free advice about building plans.

Reverting from two persons working full time to one working full time and the other devoting the bulk of time to building and organising, plus earning supplementary dollars by freelancing, was no easy task. The distance from town proved another hurdle which meant painstaking planning of each item to be purchased. Very often, in order to meet our tight budget, the purchase of food took second place to that of essential building materials such as bolts and screws. From the twice-weekly shopping trips when we lived in town, we cut back to weekly excursions and now have reduced it to fortnightly trips, leaving it sometimes for three weeks.

For my wife (a teacher) and myself (having worked in the media as manager, journalist, producer and photographer), constructing a home was a monumental task. The twenty dollars we invested in a building manual was well spent indeed. The fact that most parts of our modest little dwelling do not quite look the same as the attractive illustrations in the book, is quite irrelevant. Because we never enlisted professional assistance (on account of the enormous hourly rates most builders charge and the added handicap of travelling distance from town), we gladly traded holes dug in the ground and the lifting of poles into same for grazing of cows on part of our land, a great arrangement indeed which helped both parties immensely with no expense.

We obtained 21 ironbark poles from 15 kilometres away and the sawmiller delivered them in their natural state. I set about debarking the massive logs armed with crowbar, sledgehammer and axe. I found out rather painfully that wearing solid footwear is essential, as a one-tonne pole rolled onto a foot won't budge easily. Some days later, a neat row of ironbark poles lay on the hillside in the 'nude'. After application of a generous coat of creosote and sump oil, the poles were ready to be lowered into the holes. Some 100 wheelbarrow loads of concrete were

needed to cement them in and create an above-ground skirt of 30 centimetres for moisture protection.

I followed a previous layout, achieved with the help of a homemade water level, and connected the poles at floor level with heavy bearers and galvanised bolts. As we had no electricity, a generator loaned by a kind elderly couple provided the power to drive a 400 watt drill complete with speedbore auger to drill 13 millimetre holes into ironbark timber which feels more like granite.

After laying out the joists and fastening them, I started to connect the roof beams to the poles. It was then that I met my 'Waterloo'. Fortunately help was not far away. A neighbour rushed up equipped with small chainsaw and together we muscled the 15 x 7.5 cm (6 x 3 in) ridgebeams into place by using two ladders. I could swear that my shoulder still bears bruised imprints after that memorable morning. The lighter beams and rafters I put into place by constructing a simple pulley. Once the bearer was up one side, I fastened it with rope and walked the other end up the ladder, fastening it temporarily with a short length of rope. Progress in those days was slow and I measured it in a beam or two a day.

We had purchased economical flooring of 2.4 x 1.2 m (8 x 4 ft) construction ply. It seemed a marvellous idea at the time – up to the point where the amateur builder (that's me) was faced with the unenviable task of running those cumbersome heavy boards around the poles inside the house, which stand as a massive feature as well as serving practical purposes such as building cupboards, shelving, legless table and hanging space for hats, coats, lanterns. A fortnight later, with the guidance and practical help of friends who travelled for an hour and a half to get here, I eventually mastered the cutting out of intricate shapes to accommodate all the building poles and they were sealed tightly with marine grade rope around the tiny gaps.

A month later, the framework was up and I tackled the long weatherboards of cladding material. To my surprise, the cladding was the quickest job. I managed to cover entire sections of the building in a day, leaving small gaps around windows and rafters for a 'fiddly bits hour' down the track. I should mention here that any intending homebuilder will do well to install the roof prior to walls and flooring as this gives

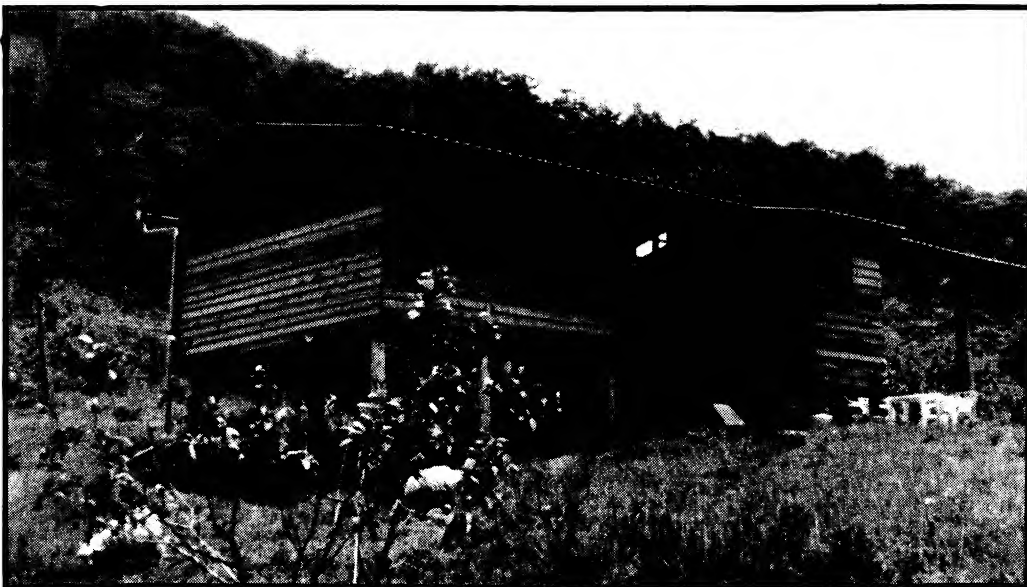
the practical advantage of protection from sun, wind and rain.

Anyhow, nearly five months had elapsed since we first moved into our tiny caravan and we yearned for the day of moving into the house. That day arrived two weeks before Christmas 1991. It was the shortest move we ever did (and hopefully we won't ever have to move again) and was accomplished by negotiating the steep 30 metre track up to the house with our possessions on the wheelbarrow and the back of the ute as well as carrying some things by hand. After spending one night without a front door due to material shortage, we finally dreamt the next night away in our own home. Since then, time has flown and a lot of water has entered the small water tank off the shed roof. We have painted the exposed parts of the building poles under the house, painted the old casement windows, added more screws to the roof, installed guttering at the rear of the house and jamblined the windows.

Many readers will no doubt identify with the fixation of the typical owner builder that everything must be strong, even extra strong where possible. In this vein I did commit a lot of 'overkill' by applying extra bolts, screws, washers and extra beams. Well, one can't be too sure, too safe.

During the building period, we gradually acquired goats, chickens, horses and more tools each week. The horses are not idle, one being my only sure means of transportation for checking fences and for exploring in the immediate area.

With the installation of a composting toilet and an internal shower the home is just about complete. However, I must reluctantly agree with my wife that, 'This house will never be finished!' Does that mean I will still be digging holes, drilling, nailing and glueing when my third set of teeth is long showing signs of decay? On Sundays all work is suspended. We relax, we ponder, we read and look out over the magnificent valley while enjoying some homemade bread and garlic-laced salads. In this way we find life truly meaningful, and recharge our minds and bodies. To complete our dream, maybe one day soon, two families may join us in the quest for a fulfilling lifestyle and share the work and beauty of this land. Looking out into the horizon, smelling the wild aromas of blossoms and grasses, we are glad to have made the choice. There is a lot more rewarding work ahead.



GRASS 22 ROOTS

ASIAN HERBS

from a talk by Lai-Chong Ngai, Wulguru, Qld.

Along with the growing interest in herb plants in general there is a burgeoning curiosity about the great variety of plant foods, herbs in particular, used by the peoples of our neighbouring Asian countries. One of the great delights of living in our multicultural society is experimenting with the huge variety of new culinary ideas introduced by Australians from different cultural backgrounds. Asian herbs have been used in cooking and in medicine for thousands of years, however the fact that they are relatively new to many of us opens up a vast new field for cooks, gardeners and natural healers. The following is an excerpt from a talk given to the Herb Society of North Queensland by Lai-Chong Ngai. We hope it whets your appetite.

An easy way to begin an Asian herb garden is to buy small intact rhizomes of turmeric and galangal and half immerse in water. Top up the water level as necessary and the rhizomes will soon sprout. When growing strongly, plant into a garden bed. Vietnamese mint, caraway, all mints and Asian basil are easy to root in water. Take 15 cm (6 inch) tip cuttings, nip off all except the top few leaves and put the cuttings into a glass of water. Within a week or so they should have enough roots to be ready to go into pots or the ground. Caraway is a dual purpose plant: besides producing the familiar caraway seeds, the plant has fragrant edible leaves which are used as a herb, 'caraway mint', in Vietnam.

A RICH VARIETY

There are thousands of types of Asian herbs and each Chinese community has its own special types. If you have to buy herbs in the dried form and go into a Chinese food shop, you will see hundreds and hundreds of drawers of herbs. The following will give you an idea of the rich variety of Asian herbs available and how they can be used.

Garlic. Family: Amaryllidaceae – Suan – *Allium sativum*.

This is the most common herb used by the Chinese. Finely chop for stir-fry, and crush in curries. It is best to crush the clove before peeling. Use garlic with meats and include it in salads and stir-fries.

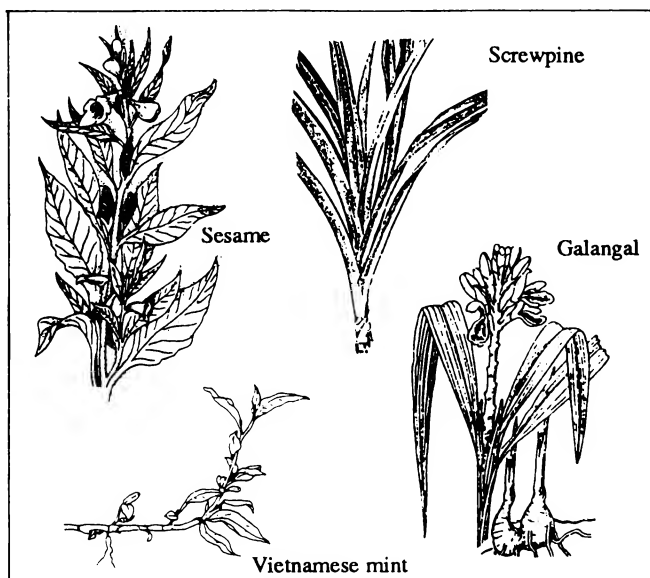
Giant garlic, which looks like ordinary garlic, can grow as wide as a dinner plate and one clove can weigh over half a kilo. It can be used in exactly the same way as ordinary garlic. It is very easy to grow, but the seeds will not produce usable cloves until the second year. They are planted 2½ cm (1 in) deep, 30 cm (12 in) apart. The seeds are tiny and should be barely covered with about ½ cm of soil. This is a practical windowsill plant as one flower pot will provide the needs of most families. Garlic likes a sunny location and a sandy loam. Do not overwater. When the plant flowers, snip them off to allow the plant to put all its energy into forming bulbs. When the bulbs are ready to harvest, the tops will turn brown and die. Giant garlic will keep just like ordinary garlic, a wire basket is ideal as air circulation is important.

Galangal – *Alpinia galanga*.

Similar in appearance and property to ginger but not quite as pungent and it has a slight hint of sourness which makes it less attractive for use in sweet dishes. If fresh galangal is not available the dried form can be bought whole or powdered. The powder is used in curries. Like zucchini flowers, the flowers can be eaten cooked in batter.

Ginger – Chiang – *Zingiber officinale*.

Ginger likes sun, warmth, fertiliser and a rich, moist, well



drained soil. There are many varieties. The Chinese believe that ginger takes the wind from the body and it is a very important antenatal food for mothers. Use whole ginger, crush with vinegar and sugar. It is pickled and always dyed red. Use a lot of ginger for chicken dishes and cook the chicken in wine.

Cardamom – Pai-tou-k'ou – *Elettaria cardamomum*.

The fragrant leaves can be used as a flavouring or food may be wrapped in the leaves and cooked. The seeds can be used to flavour cakes, puddings and curries. Cardamom likes a damp, semishaded position, and makes an attractive potted plant.

Chinese Parsley – Yuen Tsai – *Coriandrum sativum*.

A recent fashion has been to refer to Chinese parsley as cilantro, but it has generally been referred to as coriander. It is another pretty plant with lavender flowers which grows to about 60 cm (2 ft), and has leaves of two different shapes. The bottom leaves look rather like Italian parsley whereas the top leaves are more deeply cut and feathery. The leaves should be eaten when young and tender. They can add zest to a salad, but if used in a stir-fry should be added towards the end of the cooking cycle. The Chinese make a particularly delectable beef stew simmered with vegetables and seasoned with five-spice. It will make a difference to an Irish lamb stew if added in the last 20 minutes of cooking. Hard-boiled egg yolks blended with a little sesame oil and mixed with Chinese parsley can be stuffed back into the whites for a delicious appetiser.

The flavour of the seeds is said to be rather like a spicy citrus, orange with a touch of hot lime. It is very rich in vitamin C. In the Scandinavian countries the seeds are in common use to flavour breads, they are crushed and mixed with the flour.

Chinese parsley is one of the spices most widely used in Indian curries. If simmered in chicken broth for two or three minutes and strained, the liquid can be used to cook rice pilaf. If the seeds are allowed to ripen fully on the plant they will scatter so it is advisable, as soon as the first seed pods are dry, to pull up the whole plant, put in a paper bag and hang in a warm dry place, and the bag will catch all the ripening seeds.

Japanese Parsley – Mitsuba – *Cryptotaenia japonica*.

This is not a real parsley as you can see from the name, but then neither is the Chinese parsley. Japanese parsley is said to be celery flavoured. Again, it is excellent in a salad, simmered in chicken broth or stir-fried with mushrooms and prawns. It adds zip to quick breads – a minced tablespoon will flavour a whole loaf. The whole plant is edible: seeds, leaves, stem and the small roots. Mitsuba is reasonably hardy, not fussy about soil and thrives in moist shady conditions. It is not difficult to germinate but needs to be treated as an annual.

Turmeric – Yi-chin – *Curcuma longa*.

A perennial rhizome which dies back in winter and reappears in spring or early summer. It likes a sunny position with a well drained soil. The leaves, flower and root are edible. It is mainly used as a yellow dye and for flavouring curries. But it is easier to use the powdered form for colouring as it stains everything unless you are very careful. It is also used medicinally.

Chinese Chives – Gow choy – *Allium odoratum*.

These are the chives we know as garlic chives. Of these the most desirable one is *A. odoratum* (or *A. tuberosum*) which has a white flower with the scent of an old-fashioned rose. The lavender flowered Chinese chive is garlic scented, but not strongly so. Many people grow common chives because of their popular onion flavour but the Chinese chives, although related, are quite different. The flower is a flat headed spray of star shaped white flowers that smell like roses and on a windowsill can be a pretty house plant. But the flavour of the leaves is that of garlic not onion. The bulbs can be eaten as well as the leaves. Chinese chive bulbs are much more delicate than garlic bulbs. All chive flowers can be eaten too, fresh or dried. They look good as a garnish floating on the top of clear soups. Having studied garlic we know that it is an effective antiseptic, and so are these chives which are also rich in sulphur.

They can be planted anywhere and the beauty of it is that once you have a clump you always have them. Like all chives, they multiply by division. They are so tolerant of soil conditions that they make excellent plants for a rock garden. Don't let the flowers go to seed as they take energy away from the plant. Cut off all the flowers to eat fresh or dried and then begin clipping the leaves, which can be harvested any time after they are about 15 cm (6 in) high. Cut each shoot to within 5 cm (2 in) of the ground and take several shoots all the way to that point but do not clip across the entire plant as the bulbs need some foliage to grow on.

Lemon Grass – *Cymbopogon citratus*.

A hardy perennial grass forming clumps up to 1.5 metres wide. It will grow well in a pot. It likes a sunny position with regular watering and fertilising. The leaves make a refreshing lemon tea. Lemon grass can be used in curries and is great for grilling fish. Fish should be whole (with the scales on), wrapped in lemon grass leaves and baked or steamed. Use the bulb parts of lemon grass for a stronger flavour. Slice the bulb lengthways and grind. Use with soy sauce, lemon or cumquat juice, sliced

onion and chilli. Anything acidic goes very well with grilled fish.

The Chinese use the leaves to bathe the body after measles and in antenatal care. The leaves can be crushed for the bath or the dry form can be used. The aromatic lemon grass oil is good for aches and pains and is also used in Chinese medicine for colds, headaches and stomach ache. It is also added to many skin care preparations.

Sesame – Chih Ma – *Sesamum orientale*.

Many of us use sesame seeds in cooking and use the paste, tahini, in making hummus, dressings, candies, pastries and casseroles. But does anyone grow the sesame plant? It is a warm weather plant which requires full sun or a very sunny windowsill. It will grow in almost any soil, is very resistant to drought and it is a reliable cropper. Plant it in a good soil, lightly limed and manured. Because it has a deep taproot it will hunt for moisture deeper than most herbs and its secondary fibrous root system takes advantage of the surface moisture.

The plant is described as a beautiful ornamental which would deserve a place in the garden for that alone. It grows to about a metre and is erect. The flowers range in colour from pink to deep pink. The *Sesamum alatum* flowers are lavender pink while the *S. orientale* are white. They are large and prominent something like a foxglove in shape, growing along the stem and opening in sequence from the bottom to the top.

Apart from household use, sesame seed is used mainly to produce a very expensive oil, and in China and Japan it is used very sparingly. But the seeds, raw and toasted, are used in many countries. Remember when toasting sesame seeds not to walk away from them. They are best toasted in a single layer on a flat pan in a low oven, about 200°F. They can toast to golden brown in from three to five minutes. This is the easiest way to do it, no shaking of the pan, no sticking together of seeds fried in oil.

Screwpine – *Pandanus amaryllifolius*.

The pandanus or screwpine species have a scented flower for kewra essence which is used to flavour Indian desserts, and scented leaves for cookery, medicine and religious offerings. The leaves of the small screwpine have a delicate green colour and when added to rice, sago or custards give a flavour of new mown hay. Tie the leaves in bundles of 10 and then knot and add to dishes. Rice should be steamed in coconut milk, but if tinned coconut milk is used it should be diluted by half, then add the rice. To use as a colourant, first pound the leaves and then strain. To grill fish, line it and wrap it in the leaves.

Vietnamese Mint – *Polygonum* species (possibly *Polygonum odoratum*).

Also known as Rau ram and Malaysian curry plant. This species is cultivated throughout Cochin China as an excellent vegetable for eating with boiled meat and fish. Vietnamese mint is, of course, not a mint at all, and seems to have been given this common name because the people coming from Vietnam after the war brought it with them and use it like a mint. It is a member of the *Polygonum* genus and this name comes from the Greek, meaning 'many-kneed', because of its jointed stalks. Vietnamese mint is a tall, erect perennial growing in a clump. The stems are round, smooth and green, sometimes branching near the top, and have many joints, about 5 cm apart, from which grow the alternate leaves. Each joint has a papery brown sheath around it and the leaf stem, which splits as the leaf, or branch, grows. The leaves are a fresh, yellowish green, smooth

and veined with a fishbone pattern. Older leaves or plants which are too dry get a reddish margin to the leaves. Underneath the colour is paler and the central rib is prominent. They are lance shaped about 5-10 cm long, with a pointed tip. Tiny leaves grow in the leaf axils, and the whole plant has a lush, leafy appearance. In late summer the flowers appear in slender, nodding spikes. They are pink and small but the spike is quite showy. The whole has a strange, refreshing scent and the leaves are hot and peppery to taste.

Vietnamese mint likes a semishady, moist situation and plenty of water during the summer when it is growing strongly. It is propagated by cuttings which root readily in water or in soil, or by division of the clump. Where the stems bend near the base of the plant they often send out small roots from the nodes and these pieces root quickly so the clump grows all around and can become very big in hot, moist conditions.

Only young, green leaves should be used because older, red leaves have too strong a flavour. Small quantities of the leaves are used like mint in both raw and cooked dishes in Vietnamese cooking. It is used in rice and vegetable dishes, with fish and meat and is so popular among the Vietnamese that it was a plant especially brought by them, much as lemon grass came with the Dutch people from Indonesia. Some people liken the flavour of Vietnamese mint to a mixture of coriander, curry and lemon with a touch of heat.

Curry Leaves – *Murraya koenigii* or *Chalcas koenigii* or Karapincha or Karuvepila.

These should not be confused with the silvery grey leaves of the curry plant that is often grown in herb gardens for purely decorative purposes. Curry leaves are small, shiny leaves, evergreen and look a little like a small bay leaf. They grow on a small tree and are native to southern Asia.

Curry leaves are as important to curries as bay leaves are to stews. They are usually chopped and fried in oil at the start of making curry. They quickly turn brown and become crisp, then the other ingredients are added. The dried leaves may also be ground to a powder and used in making curry powder and paste. They are usually combined with garlic, chillies, ginger, coriander and sometimes lemon grass. Like bay leaves, they can be used fresh or dried.

Curry leaves feature constantly in the cooking of South East Asia and in the vegetables dishes of south India. They are seldom found in nurseries, but the tree is easily grown and quite decorative, especially when in blossom with little, white flowers which have an exotic fragrance similar to the mock orange myrtle.

Kangkong. Family: Convolvulaceae – *Ipomoea aquatica* – or Water KauKau, Swamp Cabbage.

This is an aquatic plant which has hollow stems and usually spear shaped leaves. It is related to the sweet potato but has no tubers. It grows wild in places, but it also cultivated. Its leaves provide one of the principal greens of people living along the Sepik River in Papua New Guinea. The leaves have a somewhat sharp taste and are a little glutinous. They are pleasant when steamed or used in a stir-fry. They may also be chopped and used raw in salads or rice dishes. They may be mildly laxative. The plant is grown from stem cuttings.

Watercress – Sai Yong Choi – *Nasturtium officinale*.

Watercress has been used for thousands of years – the Romans ate it because they thought it stopped their hair from falling

out, while the Greeks regarded it as a cure for both insanity and drunkenness. It is high in vitamin C, has three times as much vitamin E as lettuce and is rich in vitamin A, B1 and B2. It has as much calcium as spinach and is a valuable source of copper, iron and magnesium. So if you use watercress regularly instead of lettuce you will add appreciably to your mineral intake and, as well as feeling virtuous, you will enjoy the delicious flavour.

It makes great sandwiches, mixed with cream cheese and cucumber. Cress will not go limp on a hot day as lettuce will. The Chinese don't often use raw vegetables unless they have been pickled, so watercress is often fried. Cream of watercress soup is delightful and quick to make.

Watercress can be planted at any time but it must have wet feet, and of course prefers cool water. But you can plant seeds on the surface of moist soil, just barely covered with more moist soil which should be rich in humus and lime. In the wild, watercress feeds on leaves and bits of leaf mould that slow-moving water tangles in its foliage. If you can approximate these conditions in your garden the cress will thrive. A flower pot full of well fertilised alkaline soil will be fine, but it should stand in a container of water. If you buy a good bunch of watercress at the market, cut the stems into pieces, each piece with a joint at the top. These stems can be rooted in water or soil and they will form roots in a few days and can then be slipped into a pot of moist soil with a bit of the stem out in the air. They need occasional fertilising because the nutrients tend to leach out of the soil. The plants need no direct sun but plenty of light.

Loofah – Che Gwa – *Luffa acutangula*.

Other names for this vegetable are dishcloth gourd, vegetable sponge, towel gourd, Chinese okra and African sponge. Probably a native of the old world tropics e.g. India, but now grown in abundant quantities in China. An annual vine which is easy to grow. The fruit should be eaten when young as a bitter taste develops later on. Peel off the ridges, saute in garlic and butter. They can be boiled and eaten with butter with lots of pepper. Or scoop out the seeds, stuff with meat or fish and bake. To use as stir-fry, peel thinly and cut into strips and add to pork or chicken and other vegetables. They can also be added to an omelette.

Day Lily – Gum Jum – *Heremacallis falva*.

A most interesting plant classified as a Chinese herb, these plants have become very popular in recent years and as well as enjoying their blooms, you can eat the bulbs. The Chinese call the dried lily buds 'golden needles', and these are often sold in a block, pressed, which is then cut to provide the quantity you need. If you prepare your own golden needles, you can store the dried buds in any container that will prevent their absorbing moisture. They are 5-7 cm (2-3 in) long. Once dried the buds will keep a long time. To reconstitute, soak them in warm water for about half an hour. Squeeze, cut into lengths the size of the meat and vegetables so they can be eaten with chopsticks. Since day lilies bloom for a day you will always have a fresh crop to pick and can serve them as often as you like.

Banana buds – Xiang Jiao – *Musa paradisiaca*.

The bud of the largest herb of all. Peel the inflorescence down to the firm pale material, chop up and cook in coconut milk.

Reprinted from *Potpourri*, the newsletter of the Herb Society of North Queensland. Enquiries regarding membership, meetings and activities can be made to Ms Anne Bruyeres, 25 Sycamore St, PIMILCO 4812.

ASIAN PLANTS FOR COOKING

A GROWING DELIGHT

by Mary Horsfall, Longwood East, Vic.

When we first read Lai-Chong Ngui's fascinating article about Asian herbs we thought readers would find the information more useful if we could refer them to seed suppliers so they could grow their own. Consequently, a letter was sent off to various seed companies which we considered to be possible stockists. In due course we have been flooded with catalogues and letters containing further information. Thanks to all those generous seed people who must have spent considerable time in replying to our questions; we can pass on information regarding availability of some of the plants mentioned in the article as well as others used in Asian cooking.

Michel Fanton from the Seed Savers Network in Byron Bay reiterates a source of supply mentioned by Lai-Chong Ngui. He says that Vietnamese shops have a wealth of planting material including water spinach, yam, taro, Mexican water chestnut, eschalots of different sorts, lemon grass (if there are a few roots attached), sugar cane and turmeric. These can all be successfully replanted straight away. In Brisbane he found some home-saved seeds of a special kind of bok choy, luffa for eating, and edible chrysanthemum. Coriander seed bought from the grocery store was successfully grown. (It is worth trying sesame seed also.) There is a lesser cardamom available that does not form pods on the ground as the real one does. Gordon Vallance's tropical nursery in Mullumbimby sells the really rare true cardamom and Paul Recker from the Fruit Spirit nursery in Dorrroughby NSW sells galangal. Michel has seen galangal roots ready to strike sold in a Filipino shop in Byron Bay in winter. Many of the herbs mentioned are available through the Seed Savers Network.

Tea Tree Plants and Seeds have Chinese parsley and Chinese chives, lemon grass and watercress as well as seeds of edible chrysanthemums or chop suey greens, Chinese mini corn and Chinese celery. Kang kong or Chinese watercress (*Ipomoea aquatica*) is sold as a rooted cutting and is, according to proprietor Lorraine Blaney, the most popular Asian herb. Watercress (*Nasturtium officinale*) is also sold as a rooted cutting. Turmeric and ginger are sold as rhizomes and lemon grass as a rooted plant. The catalogue contains details of other Asian herbs and vegetables which readers may be interested in trying.

Erica Vale Seeds have recently achieved a world first release of lemon grass seed. They also have a Chinese vegetable mixture consisting of bok choy, gow choy, Chinese parsley and Chinese chives. They have a winter Chinese radish mixture and a spice basil which is the authentic basil for Thai and Cambodian cooking.

New Gippsland Seed Farm stocks Chinese parsley, Chinese chives and watercress, as do Broesen Seeds and Bulbs and Phoenix Seeds. Eden Seeds supply lemon grass plants and a range of Chinese vegetable seeds. Michael Self from Phoenix Seeds pointed out that galangal, ginger, cardamon and sesame are all warm climate species and would grow most successfully from Sydney northwards. Gardeners in cooler areas could try

growing these species in a microclimate area, perhaps in a north-facing courtyard or against a north-facing stone wall.

A catalogue just received from Kings Herb Seeds indicates that they sell a wide range of Asian herb and vegetable seeds including Chinese cabbage, Chinese celery, Oriental cucumber, Chinese leek, Chinese chives, Gai Choy or mustard cabbage and more.

Many of the species mentioned are hardy and vigorous growers in the right situation and will readily self-seed or be easily propagated by division. They are also multiple-use plants, making them ideal candidates for permaculture systems, and many are attractive enough to be included in the flower garden for their looks alone. If you haven't yet 'discovered' Asian herbs and vegetables a new realm of gardening and culinary delight awaits you.

Suppliers

Seed Savers Network, PO Box 975, Byron Bay 2481. Ph: 066-856-624.

Teas Tree Plants and Seeds, Wallace Rd, Beachmere 4510.

Erica Vale Seeds, PO Box 50, Jannali 2226. Ph: 02-533-3693.

New Gippsland Seed Farm, PO Box 1, Silvan 3795. Ph: 03-737-9560.

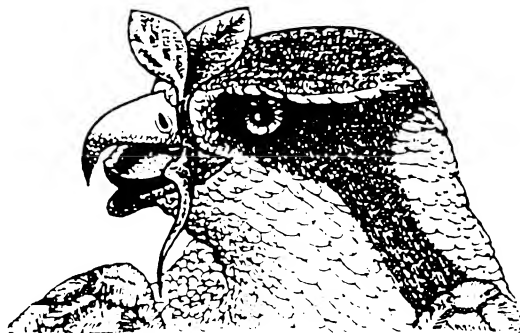
Broesen Seeds & Bulbs, 365-367 Monbulk Rd, Silvan 3795. Ph: 03-737-9202.

Eden Seeds, MS 316, Gympie 4570. Ph: 074-865-230.

Phoenix Seeds, PO Box 207, Snug 7054. Ph: 002-679-663.

Kings Herb Seeds, PO Box 975, Penrith 2751. Ph: 047-761-493.

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RAISING PIGEONS

by Arthur Fergusson, Grandchester, Qld.

Many people have been asking for information about keeping pigeons for meat production. I have kept these and other varieties for many years and am happy to pass on my knowledge to new pigeon fanciers. There are three types of pigeons for meat production. I have at times over the past 64 years kept all three breeds, as well as racing homers, and several types of fancy show pigeons. The breeds are Red Carneaux, White King and the third and less popular Mondaine. The best stock to endeavour to obtain are the Carneaux and the White Kings which produce young squabs weighing up to 450 grams (1 lb) or more at 28 days of age. They are the main squabs for the table and the best time to despatch and dress is when they are ready to leave the nest. Any type of shed or existing fowl pen can be utilised for breeding these pigeons, but a coop built especially for the purpose is ideal, so I have prepared some sketches of coops that I have built to house them.

DIET

The birds like a diet of mixed grains, consisting of pigeon peas, small yellow corn (maize), wheat, hulled oats and milo grain. It is essential they be provided with fresh clean drinking water at all times. The birds like to bathe, so separate vessels of water should be provided at least three times a week. After the birds have bathed, these vessels should be removed so that the birds will not drink the bath water.

Shell Grit

Clean shell grit, or crushed oyster shells should be readily available at all times. Grit is essential for two purposes: it acts as a grinder of the food they eat and it supplies the minerals needed to build bones, feathers, beaks, and egg shells. Therefore grit is an absolute necessity. Pigeons can get along without grit for short periods of time, but if they are deprived of it for long periods they will become sick and die. Keep an ample supply in their coop at all times and make sure that the grit and its container are kept clean.

Green Feed

Most fanciers would agree that pigeons should be provided with some greens once a week in addition to their grain diet. There are many easily obtainable greens you can provide the birds with, including silverbeet, thistles, chickweed, cabbage leaves and grass clippings. It does not involve a great deal of

extra trouble yet will improve the birds' health and wellbeing.

If you allow your pigeons to leave their coop at times, they will forage around and select their own greens. But until you have your pigeons well established in their breeding coop, or when you have not let them out, it is essential you provide greens of some type at least once a week. If you have a clean grassed area, and your birds have started nesting, they may be let out to exercise and walk around to graze in the sunshine. Being quite heavy bodied birds, they generally do not fly around a lot and will return to the coop through the open door. They should be securely locked away each night for protection against foxes, feral cats and other predators.

HOUSING

Always build your lofts or coops facing the north so they will have sunshine at all times of the day. Never build facing south or west. To prevent and protect against cold, windy and wet weather their coops should be draught-proof.

Breeding Compartments

In the accompanying perspective sketch of the interior you will see I have provided double breeding compartments, each compartment being 30 cm (12 in) high, 30 cm (12 in) deep and 60 cm (2 ft) long. This allows for two nesting bowls to be provided for each pair of birds, because as the young squabs are nearing a month old the hen bird may commence laying in the second bowl.

The bowls are of a special terracotta clay made especially for pigeon breeders. They are known as pigeon bowls for nesting. They measure somewhere round 25 cm (10 in) in diameter and 75 cm (3 in) in depth.

Perching Compartments

I always prepared racks for perching compartments. These I made from sawn palings 15 cm (6 in) wide and 12 mm (1/2 in) thick. From these I constructed racks with 28 cm (11 in) square partitions. This provides the birds with individual perching areas and prevents fighting for dominance over an open length of a straight shelf. Refer to sketch of perching compartments.

To determine the size of your coop, therefore, you must decide on the number of pairs of pigeons you would like to keep and plan along those lines with that number in mind. To establish the size of your breeding coop, allow for a square floor

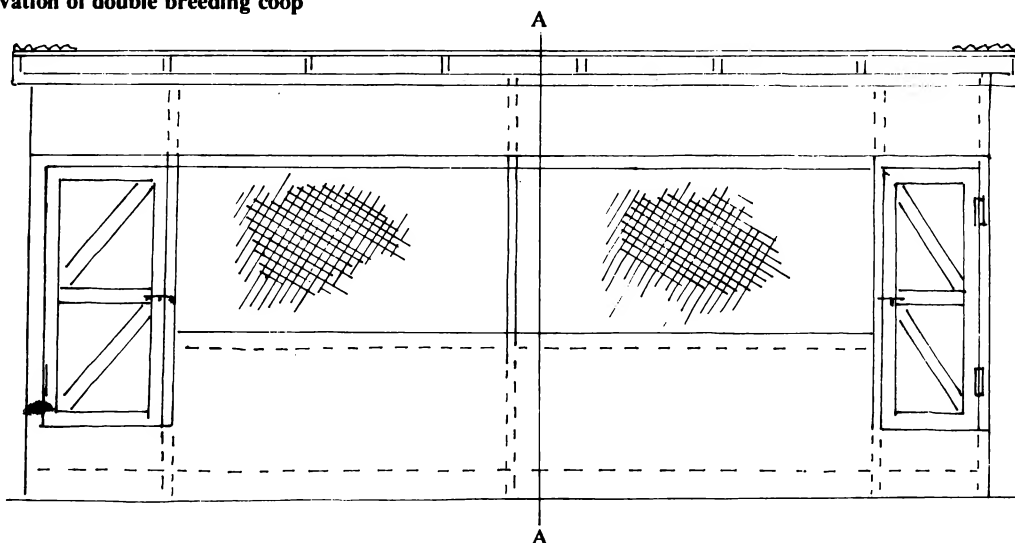


White Mondaine

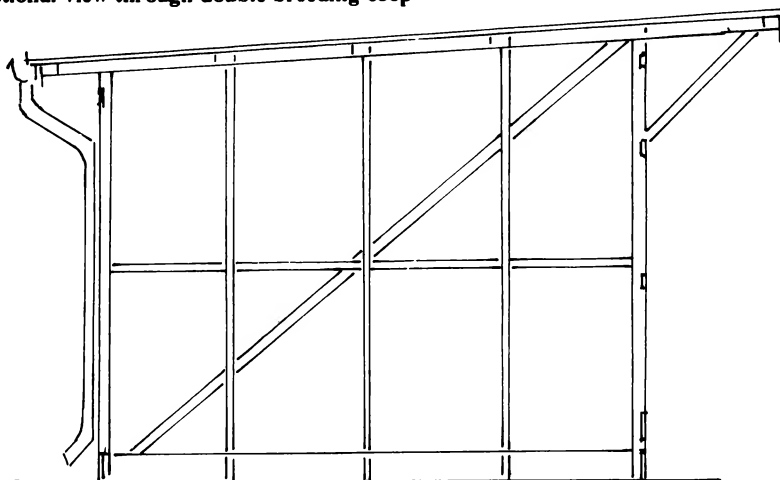
Red Carneaux

White King

Front elevation of double breeding coop

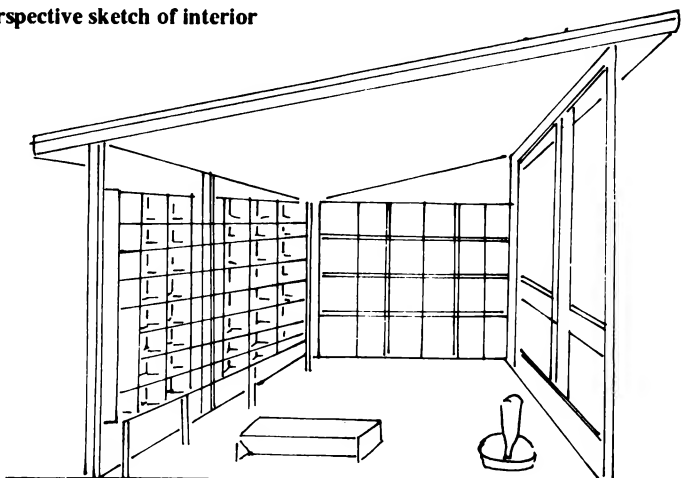


A-A Sectional view through double breeding coop

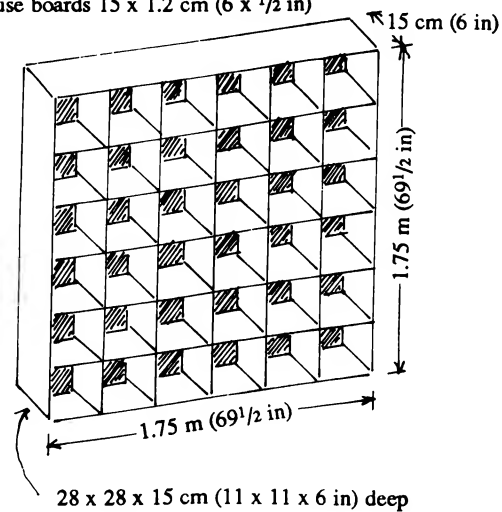


Perching compartments for each individual bird

Perspective sketch of interior



use boards 15 x 1.2 cm (6 x 1/2 in)



space of 45 cm (18 in) for each bird. Thus a coop that would completely accommodate 16 pairs of birds should be constructed 1.8 m (6 ft) long, 1.8 m (6 ft) wide and 1.8-2.1 m (6-7 ft) high. Cover the front with 28 mm (1 in) mesh wire netting over the exposed area. This will tend to keep out sparrows which notoriously consume a lot of food if they can get through a larger mesh. They also carry sparrow lice which will affect your birds and yourselves if the coop becomes infested. After completion of the construction of your loft or coop, give the whole inside a good coating of whitewash before you put any birds in it.

Before commencing your breeding programme try to visit the Royal Agricultural Show in your capital city (or its equivalent) and look out for examples of the three breeds I mentioned, namely Carneaux (red), Kings (white) and Mondaines (white). The names and addresses of breeders will be published in a sectional catalogue which may be purchased from the stewards on duty, and you should mark in the class winners. Later you can make contact with breeders and find out where you can obtain breeding stock when you are ready to house birds in the new quarters you have established.

If you are keen about keeping pigeons this information should be enough to keep you busy building for a while. Next time I will tell you about breeding your birds and health care.



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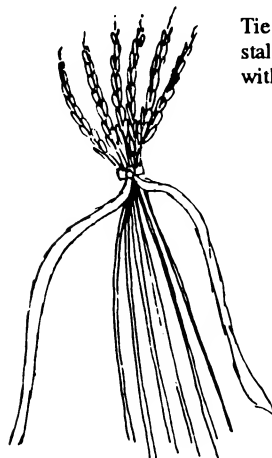
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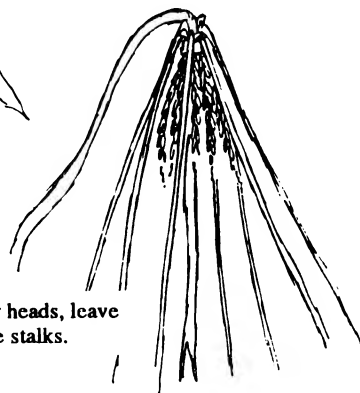
LAVENDER BOTTLES

by Peggy Gibson, Melbourne, Vic.

With several of the varieties of lavender in full bloom, gardeners may be wondering how best to harvest and preserve this useful plant. Dried lavender may be kept in the linen cupboard to keep sheets and pillowcases sweet smelling, or it can be hung up in wardrobes or stored with your woollens to keep moths at bay. Those with nimble fingers may like to try their hand at making these lavender bottles. Although the process looks complicated, it is really quite simple and the more you make the more professional they become.

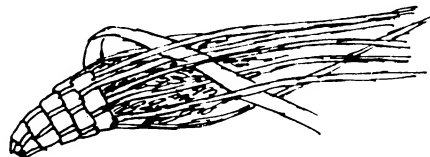


Tie an uneven number of fresh lavender stalks together just below the flower heads with narrow ribbon.

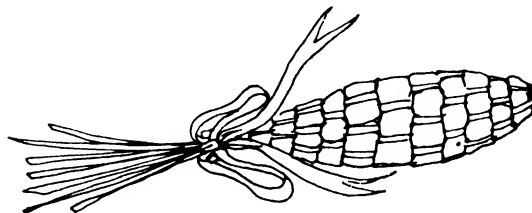


Bend stalks back over flower heads, leave short end of ribbon inside the stalks.

Start weaving long outside ribbon around alternate stalks.



When you have covered the lavender flowers or the bottle is long enough, tie off the ribbon using the inside strand.



Reprinted from *The Herb Age*, December 1992, the newsletter of the Herb Society of Victoria. If you would like to subscribe to this informative newsletter or join the Society, write to them at PO Box 396, CAMBERWELL 3124.

POLISHED FLOOR BOARDS

by Margaret Sabet, Leeton, NSW.

We live on a small farm and although we don't wear our shoes inside somehow all the dust and dirt still keeps coming in. The carpeted kitchen/dining area and lounge room were simply a headache to keep clean and I found myself vacuuming three times a day. My husband was eager from the beginning to pull up the carpets and finally I agreed. Underneath were some terrible, dirty looking floor boards and in the areas which had had kitchen carpet they were covered in masses of black glue. Lots of work was ahead for us in scraping that off alone.

We sought a quote from a professional floor polisher and for the two rooms it was going to be at least \$1600. It usually costs from \$25-30 a square metre. This includes sanding and sealing the boards. The boards didn't really look as if they were worth doing so we decided to try it ourselves – hire a floor sander and give it a go. That's where the fun started.

Floor sanding is not really something you are instantly good at, it takes practice. And I guess not everyone wants to practise and make mistakes on their own lounge room floor. We hired the sander from the nearest big town at \$45 a day. You are provided with different grades of sandpaper but no instructions on how to use the sander. I therefore thought our experience might be of use to anyone about to embark on the same project.

We worked out how to put the sandpaper on and away we went, a little too fast at first though. The floor sander is quite a big heavy machine, like the old floor polishers you may have used at school (but heavier). An average person could handle it quite adequately with an understanding of the proper technique of using it. I am small and I managed. We started by sanding the floor down using the roughest sandpaper to clean off any paint and glue. Big sections of glue should be scraped off ahead of time by hand or any other method. We made the big mistake of taking what we thought was a shortcut and sanded off the glue by going against the grain, only to find that produced big scratches which couldn't be removed. The trick is to work very slowly and patiently and never let the sander stop in one place, if you do you'll find you have a big dish in your floor; we have a few, luckily they are under the table or behind the curtains, not planned that way just fortunate. After we had sanded the floor once, with the rough sandpaper, we then resanded it with a fine graded paper to give a smooth effect. The sander that we hired did not reach the edges near the wall and so we used a belt sander which made a bit of a rough job. I have since heard there is a special edge sander that you can hire especially for the purpose of sanding the edges.

Once the floor sanding is finished it is necessary to get it polished as soon as possible as the floor will mark very easily and these marks will be difficult to remove. I purchased Estapol for this job thinking it was a simple polish as I had heard the name in my childhood. After reading the instructions on the label and realising the potency of this product it was quickly returned to our local paint shop. This is a very potent sealant which you must wear a gas mask to apply and not have children

in the house during the drying period. So there we were with sanded boards and nothing to put on them. We rang around the state to talk to a few of our GR friends to find a safe alternative. The main suggestion we had was to use linseed oil; probably a good suggestion but I have had problems in the past with the wood I have used linseed oil on (mixed with turps) going mouldy. We then came across another product put out by Feast Watson Co called Floor Seal. This is based on Tung oil (an oil from China). It also has a sealant in it so is not completely natural, but it was the best alternative we could find. It seemed equivalent to the potency of wall paint. You just apply this with a roller (or lamb's wool applicator), allow 12-24 hours drying and then apply a second coat. Make sure the floor is vacuumed very well and free of dust before applying the first coat and it is a good idea to wipe off with a cloth any dust which might have collected before applying the second coat. Since then I have received in the mail a brochure from the BIO Natural Organic Paint company and they produce products used for floor boards so this might be worth looking into.

So how do we feel now that the job is finished? Great! Everyone comments on our beautiful floor boards. All up it cost us about \$250. A big saving! The Tung oil we used is a rich brown colour and brought a similar rich colour into the cypress pine boards. This helped conceal a lot of the scratches we inadvertently created. Now instead of vacuuming all I have to do is pull out the broom and shake out the carpet square in the lounge room. So for the novice, although using a sander is something you will learn as you go along just keep the following points in mind:

- Always sand with the grain.
- Move very slowly and never let the sander stop in one place or you'll put a hole in the floor.
- If your carpet has been glued down try to remove as much glue as possible before you start your job.
- Thoroughly investigate ahead of time what you are going to polish your boards with. It's important to polish boards as soon as possible after sanding.
- Make sure the boards are completely dust-free before polishing.
- Be patient! This is a very tiring job, but well worthwhile. Good luck.

For natural, safe paints and varnishes contact BIO Australia P/L, 25 Algate Tce, BRIDGEWATER 5155. Ph: 08-339-1923.
Feast Watson Co can be contacted at PO Box 77, BOTANY 2019. Ph: 02-316-6444.

MUDBRICKS WITHOUT TEARS

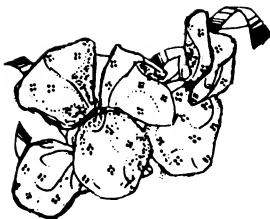
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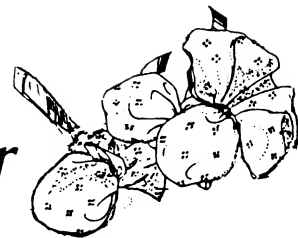
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POTPOURRI

The Natural Air Freshener

by Rita Summers, Herrick, Tas.



Most of the aerosol sprays, disinfectants, artificial fragrances and deodorisers thought to be necessary in the past for a clean, sweet-smelling home have now found disfavour with many of us. This is especially true today with widespread concern about the recently discovered hole in the ozone layer, and the greenhouse effect on the earth's atmosphere. What many of us have forgotten during the decades of easy-to-buy, convenience shopping is that our ancestors had effective, natural solutions to many of these problems. With the revival of interest in crafts, alongside increased interest in using more natural products, many of these old-fashioned methods are being rediscovered. The delight and sense of achievement in adapting and experimenting with the old formulas, plus the feeling that we are helping our environment, make these alternatives extremely satisfying and rewarding.

The home which is filled with attractive containers and sachets displaying potpourri has a special ambience which has to be experienced to fully appreciate the full impact of texture, colour and fragrance they create. Unfortunately, the perceived mystique relating to the making of these scented mixtures has prevented many people from attempting to produce them. Yet the method is so simple that once a successful potpourri has been made, you will wonder why you have never attempted it before. Part of the problem has been that the multitude of books produced on the subject has added to this mystique, when they purport to simplify the process. Therefore, this article's purpose is to present a simple basic recipe, which can then be modified according to each person's needs, preferences, materials, and situation. The basic recipe is followed by ideas and suggestions to start the creative processes flowing. Believe me, once you begin to get ideas, they will continue to flood in and your excitement and enjoyment will grow as you experiment.

BASIC POTPOURRI RECIPE

- 1 litre (about 4 cups) dried flowers, leaves, roots, cones, nuts, or seeds, or a combination of any of these (see section entitled 'What to use')
- 2 tbsp lavender
- 1½ tbsp fixative: orris root, gum benzoin, or pure talcum powder
- 1 tsp ground cinnamon
- 6 drops essential oil (choose one to match any one of the flowers used above)

Mix all ingredients together thoroughly in a lidded container by shaking well. Leave the potpourri sealed in the container for three or four weeks, shaking it once or twice a day. I use plastic ice cream containers and place them on a cupboard near where I walk through to the laundry, which reminds me to shake them every time I go past. After this, use and enjoy!

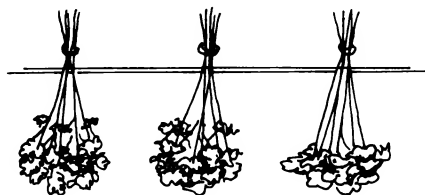
Note: When making up the mixtures, record the quantities on pieces of paper and stick them on the lids. You can then repeat the recipes when desired, using the same containers. If you don't write them down straight away, you will forget what you

used, and if a potpourri mixture really turns out well, you will feel frustrated at not being able to repeat the recipe.

DRYING FOR POTPOURRI

Method 1

Hang branches of your chosen flowers or aromatic leaves in bunches upside down in a warm, airy place out of direct sunlight. I use our verandah, which has strings running along under the verandah roof. However, if the weather is damp or too windy I put them on clothes horses in our attic lounge room, or near the kitchen fuel stove. When dry, snip or break off the flowers or leaves.



Method 2

Cut or pull off the fresh flowers, petals or leaves from the stems. Dry them in large, flat baskets (or cardboard boxes if you don't have baskets) lined with two layers of greaseproof paper, newspaper, or kitchen paper towels. Do not pack the materials too thickly, loose single layers are best. Once or twice a day, give each basket a shake, or run your fingers through the material to redistribute it and keep the air circulating. This method is the best one to use for drying rose petals and is also useful if you wish to dry cones or nuts, although many of these can be used immediately.

Method 3

This method is useful to preserve whole, small flowers for decorative effect. Place a thin (2-3 cm) layer of borax powder in an enamel, lidded container, or in a cardboard box. Place the flower heads face up on the powder, making sure they do not touch one another. Using a teaspoon, sprinkle more borax over the flowers, so that it falls between the petals and fills up the gaps between each flower head. Cover the flower heads completely with the borax powder. Place the lid on the container and leave the flowers for about two weeks. The flowers are dry when they feel papery to the touch. Shake off the borax powder, using a dry paintbrush to remove any granules which do not shake off. The powder can now be re-used.

Borax Powder (sometimes boracic powder) is available from chemists, but unfortunately is sold only in small bottles and is quite expensive (about \$5 each). However, it is cheaper than silicone gel, which has the advantage of drying flowers more quickly. Borax powder may be available more cheaply in the cleaning section of your supermarket, although not all will stock it. In one of our local shops, half a kilogram cost only \$2.55. Sand can also be used, but it is a bit heavy for the more fragile flowers. I mainly use the borax method to preserve miniature

roses for decorating potpourri after it has been placed in a container for display. However suitable flowers are violets, carnations, daisies, marigolds. Try various types to see which hold their colour and shape best.

IDEAS TO GET YOU GOING

Using the basic recipe, almost any combination of dried flowers, aromatic leaves, nuts, seeds, cones can be used. Often, following a theme such as a certain colour scheme, or the name of a song can be useful.

Some Suggestions for Themes

Cottage Garden, a mixture of old-fashioned, cottage garden flowers.

Herbal, a mixture of herbal flowers, leaves, and/or seeds; some combinations give different effects, such as deodorising, sanitising, insect repellent.

Walk in the Woods, a spicy, woodsy mixture, including aromatic wood shavings, nuts, leaves, mosses, lichens.

Australian Bush, use native flowers, leaves, seed heads, scented with tea tree, eucalyptus or wattle oil.

Strawberry Delight, use various flowers in shades of red and pink, scented with strawberry essential oil.

Arabian Nights, include exotic-smelling, whole spices in the mixture.

You can go through your record collection for thematic ideas. Two of mine are *Blue Heaven* featuring blue and mauve flowers and *Ruby Tuesday* in shades of burgundy and red. If you like poetry the titles of some of your favourite poems could also inspire you. Some Tennyson poems, for example are *The Golden Years*, using shades of gold and yellow, or, *Sea Dreams*, using shades of green and aqua with tiny shells, pieces of coral, sponge and dried seaweed. Let your imagination go and you will find dozens more.

WHAT TO USE

I used to think that only fragrant flowers could be used for making potpourri. However, I have come to realise that besides fragrance, colour and texture are also very important. This means that there is virtually no limit to what you can use. For example, I made a Tasmanian bush potpourri in which most of the flowers have little or no scent. The scent is brought out by the essential oil of one of the flowers I used (wattle). The appearance of this potpourri is delightfully delicate, with shades of lemon yellow, gold, mauve, pink, and white, and the fragrance is very unusual. It is a truly individual mixture. If I wanted to really wax lyrical, I could describe the creation of potpourri as similar to creating a poem, a painting, or a musical composition; the results please the senses, including the sense of smell, which most art does not consider.

The most important ingredient is rose petals, since they have traditionally been the base ingredient for potpourri, and rightly so. Even in my more adventurous mixtures, I usually include some rose petals. For example, in the four cup mixture as described in the basic recipe, one or two cups might be rose petals, and the remaining two or three cups are made up of the other ingredients (always making a total of four cups in relation to the rest of the basic recipe). Flowers can be collected from your own garden, other people's gardens (With their permission, of course!) and the bush. My mother, who has some lovely rose bushes, kindly saves petals and dries them for me. A friend who often goes for walks in the parks of the city where she lives

collects interesting cones and nuts to pass on to me.

In my garden, I have miniature roses which I dry whole (using the borax method, as already described), and I have planted a variety of old-fashioned cottage garden flowers for colour and scent. We live in the country, with bush on two sides of us, so setbacks caused by hungry wildlife and water shortages mean that I don't have as many as I would like. However, periodic walks in the bush at different times of the year yield a variety of useful and interesting flowers.

Flowers for Scent

Following is a list of flowers and plants which are useful because of their scent; it is by no means complete and what is available will often depend on where you live and the climate you experience. This, however, brings challenge rather than limitation, in my view. Try any of these, or let your nose guide you to other fragrant flowers in your garden: bluebell, rose, jasmine, lavender, scented geranium, dianthus, sweet pea, mignonette, boronia, lilac, lily-of-the-valley, rosemary, daphne, honeysuckle, viburnum, sweet william, wisteria. In some plants, the leaves as well as the flowers are scented, so don't throw the leaves out before checking their fragrance.

Flowers for Colour

Most of the flowers mentioned have attractive colours which endure well after drying. However, there are also those which do not have a strong scent but are vividly coloured, or are useful as contrasts, such as white or cream. Some to consider are: cornflower, gypsophila, melaleuca, dolly bush, wattle, everlasting daisy, achillea, love-in-a-mist (flower or seedhead), statice (including bridal & fairy), dogwood, grevillea, delphinium, felicia, lambs' ear (leaves). Of course, there are probably many more suitable plants which should be listed. The best thing to do is to experiment with those available to you.

Herbs with Special Properties

To induce sleep: hops, balsam pine, peppermint, lavender, tyme, rosemary.

To repel insects: scented geraniums, lavender (mosquitoes, most insects), pennyroyal (ants, fleas), rue (flies), santolina, tansy (flies, fleas, ants), basil (mosquitoes, flies), catnip (fleas), chamomile (flies, mosquitoes), fennel (fleas), peppermint (mosquitoes, ants, also rodents such as mice and rats).

Miscellaneous

There are a host of other ingredients which can be added to potpourri to give texture, colour, and fragrance. Some of these are: mosses, lichens, fragrant wood shavings (e.g. cedar, sandalwood, huon pine), whole spices (e.g. cloves, nutmegs, allspice, cinnamon bark, cardamom pods), citrus peel (diced or grated, then dried), gumnuts of all shapes and sizes, seed pods (e.g. love-in-a-mist, bluebells, NZ hop bush, honesty), small cones (e.g. certain conifers, she-oaks).

Now you have collected your ingredients and set them all to drying, by next issue you should have boxes and baskets of potpourri ready to use. Then I will give you some ideas about displaying and using potpourri.



SLUG SPRAY

Laboratory tests have found that spraying lettuce with a spray made by grinding four slugs in 100 ml of water will reduce feeding by the same species of slug by 71%. Spray made from a closely related slug reduced feeding by 60%, but spray made from unrelated species had insignificant effect.

MULTIPLE OCCUPANCY LAND PURCHASES IN NSW

by Betty Moore, Inverell, NSW.

I hope many readers will find the following multiple occupancy processes pertaining to New South Wales a help. I am no longer active, but am still licensed, and am a former TAFE correspondence course tutor and marker for their Comprehensive Real Estate Courses and allied strand subjects. Some minor changes may have occurred but in general terms the contents will allow people to proceed in a practical sequence and make them aware of some of the pitfalls so they can seek out decent advice and representation whilst being aware of their responsibilities and obligations as a purchaser/developer.

Multiple occupancy land title legislation in New South Wales was brought about by awareness of public need due to the problems associated with Co-operative Company land ownership and Strata Title incompatibility to commune-type occupancy circumstances. Multiple occupancy (MO) comes under the auspices of the Land and Environment Authority which oversees and ratifies by a separate government act gazettal for each local council (shire/municipality) a Local Environmental Plan (LEP) and Amendment to it on an ongoing basis. This is a separate entity to more recent Dual Occupancy development provisions and the two are not to be confused. Councils can make applications and recommendations for land usage and zonings within their boundaries, but the Environment Protection Authority has the final word.

If any reader wishes to purchase land with this MO development purpose in mind, they should follow these procedures in the order discussed.

INITIAL APPROACH

Approach the Chief Planning Officer at the council responsible for the parcel of land in question to ascertain what the LEP allows, for example:

- Provision for MOs in the shire or not at all.
- Is the land in question within the MO zone allowed?
- Type of MO development allowed, some allow it to happen in several stages: initial purchase by the developing owners; subdivision of MO blocks in accordance with approved development plan to allow progressive, spaced sales; development of internal roads, power, phone and water connections as applicable.
- Annual land rates and other charges and levies applicable.
- Location, development of communal facilities such as shop, hall, etc.

Make sure that you have these interviews confirmed in writing by the authorising officer before you purchase the land. With this in hand, then you are reasonably safe to proceed with the purchase negotiations of the land from the owner (vendor). However, still proceed with caution. The owner/vendor has the onus to declare everything which is known about the parcel of land and this 'Vendor's Disclosure' becomes part of the Contract of Sale of Land document.

TITLE SEARCHES

Make sure title searches are carried out for verification of type of existing land title, existing undischarged mortgages, unpaid Rural Land Board dues, council rates, charges and interest, existing mining exploration leases as well as any current or old mining leases within the land boundaries (from Mines

Department). Also, be sure to check out whether or not the local Aboriginal community has claimed any area within the boundaries, and, if so, what are their ingress and egress rights and responsibilities – check council and lands department records.

Check to see if a nearby national park and or wilderness area has a buffer zone extending across the boundaries of the land in question, or has 'Protected Lands' classification. The prospective purchaser must be aware that such National Park and Wildlife Service classification automatically stops any future development/building, and also controls the use of the land in question, plus construction or maintenance of any road access as well as power line access, telephone and water connections. Keep in mind that buffer zones are often absorbed into the park/wilderness nucleus by way of resumptions which often involve compensation delays of many, many years. This creates multiple, ongoing and immediate functional problems and virtually destroys any possibility of any sale in the interim, for any reason. Land under the jurisdiction of the Forestry Department has similar problems.

These searches need to be done by you, the purchaser, to safeguard your investment. Do not wholly rely upon those provided by the vendor. Make sure all searches are current, as above events are happening very rapidly across the state. It is very difficult to be aware of everything as public notices are often not seen by those involved, through no fault of their own.

Your solicitor should also ascertain the percentage of rates which you are responsible for (council rates are always paid in advance either quarterly or annually), and ascertain if the vendor has not paid any outstanding rates, charges and interest from previous years. These are *not* your responsibility and should be noted in the Sale Contract document.

SALE CONTRACT DOCUMENT

Make sure a clause is included which clearly states that the sale/purchase is subject to this type of development being allowed on the land in accordance with council's LEP and Department Planning Authority's requirements (EPA). You, as prospective purchaser/developer, will probably have to pay the fees attached to the Council Development Application and their requirements, for example. Environmental Impact Statement or Environment Impact Study (EIS): two separate types of documents with different legal ramifications and requirements. These can include such bodies as Department of Agriculture and Fisheries, Soil Conservation Service, Water Resources of NSW, Forestry Department, noise pollution testing and Road Traffic Authority approvals.

You, as purchaser, shall be required to pay into the agent's trust account, or other suitable, legally recognised trust account, ten percent of the purchase price as a deposit on the exchange of contracts. The agent is the legal stakeholder in the transaction. On no account pay the vendor the deposit. Trust account deposits, by law, do not attract any interest payments.

Keep in mind that any Sale of Land Contract which includes a 'subject to finance' clause within a specified period (usually 30 days) is not binding on the vendor. The vendor can accept a cash offer in the interim. The clause is merely a courtesy

gesture of good intent but has no legal binding. Also 'holding deposits' placed with either the vendor, agent, or representative at the time of inspection have no legal clout. What it does mean is that you, the purchaser, lose the interest which would normally accrue to you in the interim. You will need this money for other costs.

As part of the Contract of Sale of Land Document, you need to document at the time of purchase that the title deed is altered from the existing title, (Old System of Chain of Title, Freehold, Torrens Title), to Multiple Occupancy Title so that the new Certificate of Title (CT) can be issued by the Registrar General's Office. Old System Titles take longer to search and need to be converted to Freehold at the time of transaction for the benefit of all parties concerned in the future.

If the existing title is one of the many forms of crown leases in rural NSW, ascertain whether or not you can:

- be eligible to purchase the land at all for your intending use, as in the case of Restricted Freehold Titles;
- be converted to Freehold Titles.

Also find out the length of unexpired lease term and if it is already under conversion processes, if so, what stage. Keep in mind that such conversions have administrative costs and conversion costs, based upon land valuations, payable to the Lands Department by the purchaser in most instances. These are separate and additional costs to the Contract and Council Development Application and allied costs and are separate to Crown Land Lease annual fees and Land Board Dues.

As so many types of leases and freehold restrictions exist in rural NSW land titles, many city legal conveyancers realise that they do not have the same amount of expertise as their country counterparts in this field to be beneficial to their clients in such conveyancing processes, especially with mining involvement.

At the time of exchange of contracts it is most important that you cover any improvements on the land with a comprehensive insurance policy, as from that point of time both vendor and purchaser have joint responsibility for any loss or damage of the property until the Sale Contract is completed and finalised, or fails.

Inclusions

A list of inclusions should be attached as part of the Sale Contract document. Check the list carefully to ensure that it is the same as was listed in the agent's selling agency agreement and the contents of the list are actually present at the time of completion. Such inclusions means fixtures, not the majority of movable items, unless specifically mentioned and itemised and/or negotiated separately.

As you can see, there are many stages to process in regard to a multiple occupancy development/purchase.

CAUTIONS

To avoid a lot of heartaches, frustration, and possible monetary loss, I strongly advise such venturers in this arena to hasten slowly and with caution. Make sure that each step is documented and each search is documented by the issuing body. Do not accept telephone conversations, have them confirmed in writing.

Do not, under any circumstances, be swayed into accepting occupancy or making any final payments, other than the official deposit on Exchange of Contract only, 'whilst the paper-work

is done as everything will be all right', regardless of vocalisation of vendor or the agent. This is fraught with dangers and problems for the inexperienced.

Make sure that the vendor understands that you require immediate and total occupancy on the day of the completion of the contract. This is the rule. The only exceptions are if there is a crop to be harvested at a later date and the crop is not part of the sale, or a livestock agistment lease is in place already for a specified time of operation.

The final cardinal rule in all real estate dealings is to engage your own legal representative who has no connections with the vendor. The vendor's legal representative acts in his interest only, not the purchaser's.

The agent also has a legal obligation to act for the benefit of his contracting client, the vendor, not the purchaser, even though the agent plays a dual role in bringing the two parties together and is vital in the negotiation processes which enable all parties to complete a sale to the satisfaction of both sides.

On completion of the sale, the solicitor instructs the agent in writing to disburse the deposit to the vendor/solicitor, less the agreed amount of commission and any other agreed expenses such as advertising, bank account taxes and administrative costs.

If the sale falls over the agent is instructed in writing by the solicitors as to whom he should disburse the deposit money to, depending on whether or not there is any dispute between the parties.

Because a deposit has been paid to the agent this does not give the purchaser any rights of entry to the property concerned without the knowledge and consent of the vendor, and certainly not without an appointment through and with the agent. Also, the purchaser has no right to remove, alter or disturb anything on the property prior to official completion of the sale. Such actions can ruin the sale and invoke legal action against the purchaser.

Keep in mind that a council's gazetted LEP and amendments in regard to zoning/development are not easily or rapidly changed. The Environmental Planning Authority has the final say, regardless of council's decisions, aims or objectives, or enthusiasm for any proposed development. Do not make any purchase of land with the intention of MO development later with the attitude of, 'She'll be right mate'. You could be left with a pig in the poke.

KEYS TO SUCCESS

Remember:

- investigate thoroughly,
- document accurately, and keep a diary,
- search diligently,
- engage independent legal representation,
- utilise an agent to smooth the path of negotiation and ongoing negotiation to the benefit of both sides regardless of personality types.

Above all else, hasten slowly and thoroughly. Good luck!

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JAM MELONS

by Marion Boetje, Brooweena, Qld.

The jam melon is one of those old-fashioned fruits that barely seems to have a part in modern fruit production, but for making economical pies and preserves, jam melons are very useful. As they are very hardy they do not appear to suffer mildew problems to the same extent as most cucurbits. Jam melons are the sorts of plants you can establish along a creek bank or around a dam and leave to spread to their heart's content. They are usually prolific bearers of large fruit – even the most dedicated jam maker would be hard-pushed to use all the fruit from two or three plants. Surplus fruit can be left on the vine and will eventually break down and reseed the following year.

There were jam melons growing along our creek bank for years, some distance from the house. Wild pigs used to get amongst them, and, as is the way with pigs, they trampled more than they sampled. However, because the plants fruited so generously, it was the one crop we felt we could share with uninvited freeloaders. Even though they made a mess the pigs would break open the melons and spread the seeds very efficiently, ensuring new crops year after year. Unfortunately, one year unprecedented floodwaters washed out our creek bank and took with it our melon patch. A sad loss which we definitely intend to redress.

If you wish to plant jam melons in the garden, treat them as any summer cucurbit, planting three seeds on a raised mound of well prepared fertilised soil and water well during the entire growing period. Encourage the runners to grow away from the garden bed, as they will surely take over. Don't interplant jam melons with watermelons, as you can hardly tell the difference when they are growing. They grow to the size of round watermelons. Their flesh is yellow and their seeds are reddish brown, making them very attractive to look at, but outside of jams, pies and preserves, their taste is insipid, bordering on sour. However, in preserves, their golden translucency makes them appealing to the eye and their ability to enhance the taste of other fruits makes them very useful indeed.

MARVELLOUS MELON RECIPES

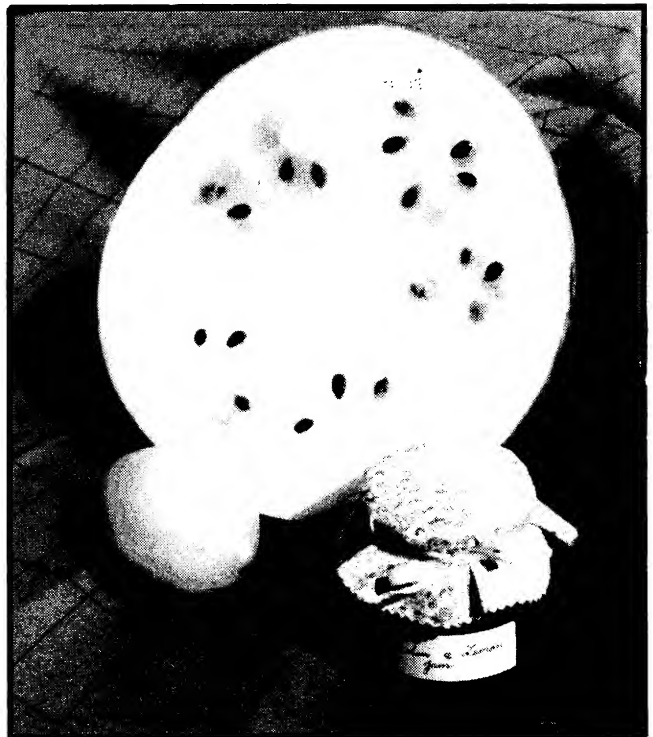
Pie Melon Pickle

- 1 kg (2 lb) melon cut into 1 cm (1/2 in) cubes
- 2 tbsp salt
- 25 g (1 oz) ginger
- 25 g mustard
- 1 tsp ground cloves
- 75 g (2 1/2 oz) sugar
- 1 1/2 cups vinegar
- 8 chopped shallots

Sprinkle melon cubes with salt, leave for 24 hours, strain, discard liquid. Boil ginger, mustard, cloves and sugar in vinegar for 10 minutes. Add melon and shallots, boil till melon is soft. Pour into warm dry jars and seal when cold.

Melon and Lemon Jam

- 3 kg (6 1/2 lb) jam melon cut into 1 cm cubes
- 800 ml (26 fl oz) water
- 1.2 kg (2 1/2 lb) sugar
- grated rind and juice of 6 lemons
- 1 kg (2 lb) extra sugar



Jam or pie melons, virtually inedible alone, add translucency to jams and enhance the flavour of other fruits.

Place melon cubes in a large bowl, cover with the water and 1.2 kg sugar, leave overnight. Next day simmer melon and liquid gently until melon is soft and transparent (1-1 1/2 hr). Add lemon rind and juice and extra 1 kg sugar. Stir until sugar is dissolved. Boil rapidly for about 20 minutes, or until the jam will run off the side of the spoon in a single sheet. Remove from heat. Leave for 15 minutes, stir once more to redistribute fruit. Pour into warm dry jars. Seal when cold.

Melon and Cumquat Jam

- 500 g (1 lb) cumquats
- 3 kg (6 1/2 lb) jam melon cut into 1 cm (1/2 in) cubes
- 1 kg (2 lb) sugar
- 2 cups water
- 2 kg (4 lb) extra sugar
- 100 g (3 1/2 oz) finely chopped preserved ginger

Finely slice cumquats, discarding seeds. Add to jam melon. Sprinkle with the 1 kg sugar, leave overnight. Next day, add water, simmer till tender. Leave overnight again. Reboil, adding 2 kg extra sugar and the ginger. Boil till jam jells when tested on a cold plate. Pour into warm dry jars. Seal when cold.

Mandarin and Melon Jam

- 3 kg (6 1/2 lb) jam melon cut into 1 cm (1/2 in) cubes
- 750 g (1 1/2 lb) sugar
- 6 mandarins, finely sliced
- 1 lt (32 fl oz) boiling water
- 1 1/2 kg (3 1/2 lb) extra sugar

Sprinkle melon with sugar, leave overnight. Cover mandarin with boiling water, leave overnight. Next day, place everything in a pan and boil till melon is tender. Add 1 1/2 kg extra sugar,

boil till jam sets when tested on a cold plate. Pour into warm dry jars. Seal when cold.

Melon and Dried Apricot Jam

500 g (1 lb) dried apricots
boiling water
2 kg (4 lb) jam melon cut into 1 cm (1/2 in) cubes
1 kg (2 lb) sugar
juice and grated rind of 1 lemon
1 1/2 kg (3 1/2 lb) extra sugar

Pour boiling water, enough to just cover, over dried apricots, let soak for 24 hours. Sprinkle jam melon with 1 kg sugar, leave overnight. Next day, cut apricots up coarsely, boil with lemon juice and rind till melon is soft and clear. Add extra 1 1/2 kg sugar, boil till jam jells when tested on a cold plate. Pour into warm dry jars. Seal when cold.

Apple and Melon Pie Filling

1 kg (2 lb) pie melon cut into 1 cm (1/2 in) cubes
1 cup sugar
6 cooking apples, peeled, cored and sliced
small amount water, if needed

Sprinkle melon with sugar, leave overnight. Next day boil melon for 1/2 an hour. Add apple to melon, cook till both are tender, adding a little water if needed.

Melon and Lemon Jelly

This is a good way of dealing with the fiddly job of separating the seeds from the flesh. Use the flesh nearest the skin for jam as there are relatively fewer seeds in this part of the melon. Use the middle 'seedy' flesh for melon and lemon jelly.

Chop the melon into small cubes, and prepare as for melon and lemon jam (use the same quantities of melon, water, sugar and lemons as for the jam). Do not worry about removing the seeds. Add the sugar and leave overnight. The next day boil the melon and the rind, juice and seeds of the lemons until the melon is transparent. Strain the whole lot through muslin. Do not squeeze. Measure the liquid. Add the sugar and bring to the boil. Boil until a little jelly will set when tested on a cold plate. Pour into warm, sterilised jars. Seal when cold. This makes a beautiful clear golden jelly.

Several sorts of pie melon seeds, both green and red, are available through the Seed Savers Network, PO Box 975, Byron Bay 2481. Ph: 066-856-624. Phoenix Seeds has some from time-to-time but none at present.

REMOVE INK STAINS

Green tomato will remove ink stains from woollen material.

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IN PRAISE OF OLD TYRES

by Peter Carr, Rosebank, NSW.

This article is aimed at the useful recycling of one of the more intractable blemishes on the twentieth century landscape.

Large truck tyres with cotton webbing reinforcing can be split around the circumference to make good feed troughs for livestock, and quite good water troughs for chooks, geese or ducks. You stand the tyre up and cut with a sharp knife *wetted* as you go. The rubber cuts surprisingly easily. Just a warning: I tried a chainsaw on a tyre once and it does not work! In fact, if the chainsaw bounces back, you might well trim your moustache a little too closely for comfort.

As my wife and I enter into our declining years we find that bending is not achieved with the suppleness of yesteryear. Yet we both adore strawberries and other low growing fruiting plants. The answer to this conundrum (discovered by my wife), is a raised garden, two tyres wide by as many tyres long as you wish by three or four tyres high. There are two necessities – a flat, even surface and a collection of tyres all the same size. Pile the tyres on the flat surface cleared of grass and then invade your pile of empty grog bottles, flagons are highly desirable as they occupy so much space. Fill the voids within and between the tyres with flagons and bottles, of all sizes, until you have only about 30 centimetres of space left. Remember to push a few into the tyres themselves to stop them from collapsing. Then fill to the top with rich earth and compost. There will be a bit of subsidence as the dirt fills the gaps between the bottles, but you can add further compost annually and keep up the rate of production at a high level. You can then remain completely perpendicular as you gather your totally accessible crop of strawberries or whatever.

When we plant fruit trees we remove the kikuyu over a circle about 150 centimetres (5 ft) in diameter, plant the tree in the middle, cover the exposed earth with a thick layer of wet newspapers, place a tyre on the top, around the tree, and cover the newspaper outside the tyre with a thick mulch. Then when we water the tree we fill the tyre with water which creates a relatively humid atmosphere for the young plant. If our geese attempt to ringbark our newly planted tree (as they frequently do), we create a cylinder of wire netting to fit inside the tyre. The tyre keeps the netting in place and the netting defeats the geese. It is also easy to see a tyre around a tree in thick kikuyu when slashing on a tractor and so minimise the loss of trees from lawn mower disease.

One can also create a cheap, quickly built, low retaining wall in a garden by erecting piles of tyres touching one another. Again, the ground has to be flat, or stepped, and the tyres have to be the same size. Bottles and rubble can be piled inside with a topping of good soil. The result is not immediately aesthetically pleasing, but the funereal black of the wall can quickly disappear under cascades of climbers and creepers. In a few months visitors will admire the verdant display and not even realise that behind it there lurks a pile of old rubber. Finally, a column of tyres constitutes our compost heap which is demountable and of variable height.

TARO COOKING

To explore different ways of using taro, substitute it in your favourite potato recipes, adding about 50% more cooking time.

ROCK DUST FOR SOIL ENRICHMENT

by Helen Wilson, Gooseberry Hill, WA.

We all know of the impoverishment suffered by Australian soils from enduring millions of years of erosion through leaching and weathering. There has been no gradual replacement of minerals through glacial movement as experienced by many European countries and realising this, Barrie Oldfield, of Men of the Trees in Western Australia, has been experimenting to replace this lack. After much trial and error he has come up with what appears to be a satisfactory solution, the addition of rock dust to the soil.

Experiments were carried out at the St Barbe Grove Nursery of Men of the Trees near Perth in 1990 with granite rock dust from Pioneer Quarries at Herne Hill. The dust came from the washing plant through which granite chips were passed to give them good adhesion for asphalt work. Trays in the nursery were seeded, half with rock dust and half without, then set up on a trestle under normal nursery conditions. Within seven weeks favourable results were seen, particularly with *Eucalyptus gomphocephala*, and in nine months from the start of the trial the seedlings treated with rock dust were twice the height of those untreated. Other species tried, including an acacia and a casuarina, also showed much improvement in growth.

In addition to the nursery successes, trials carried out by 70 private individuals for two successive seasons have emboldened Men of the Trees to embark on a more ambitious project. Some 170 kilometres north-west of Perth, in the wheat growing district of Dowerin, 23 hectares of Crown Land known as Amery Reserve has been made available for lease to Men of the Trees for a trial period of 10 years. Now designated Amery Acres, this area fulfils the requirements being sought as suitable for the planned rock dust trials.

- The land is typical wheat belt country with a low rainfall (280 to 350 mm annually).

- It has been cleared for many years and of late has been continuously cropped.

- The country is undulating with slopes, but without the steepness that might cause washouts.

- The whole aspect is pleasing, with enough salmon gums and wandoo on the property to add aesthetic appeal.

- There is no salt affected land included.

Work on Amery Acres began on April 1st 1992, and by June 3rd the project was officially opened, the date being chosen to coincide with the beginning of the UN Conference on Environment and Development being held in Brazil. By this time the ground was ploughed and ready for planting and a transportable building to be known as the Gordon Reid Lodge had been erected on the site. Mrs Ruth Reid, widow of the late Governor of Western Australia, Professor Gordon Reid, performed the opening ceremony. Sponsors of the project were the Gordon Reid Foundation, Dowerin Shire Council and Pioneer Concrete.

A farm manager has been appointed to live on the spot, but there will be much involvement by interested Men of the Trees, volunteers being needed to plant the 9000 trees that it is hoped to establish within the year.

The objectives of the field trials planned are:

- To rejuvenate the impoverished and fragile soil.

- To test primarily the theories of remineralisation.

- To explore a range of agriforestry systems which will not only help to build the soils but also diversify the farm product.

- To work towards a farming economy that is both demanding in skills and rewarding in results.

Naturally, such an enterprising venture has aroused wide interest throughout the state, and its progress will be followed eagerly by many others in addition to the farming fraternity.



An example showing the benefits of rock dust. The seedlings on the left display nearly twice the growth of those on the right, which haven't received the rock dust enrichment.

BUILD A SIMPLE CHOOK HOUSE

by Keith Wiltshire, Bowmans Forest, Vic.

We had not finished our mud brick house by last spring when Margie decided it was time to regain one of the pleasures of her childhood and obtain some chooks for our place. She arrived home one day with two black Australorps and four Rhode Island Reds, one of which we hoped would become a rooster. At this stage we were still living in our temporary accommodation, a quaint two-storey tin cottage with one distinct disadvantage when trying to cope with one-week old chicks, no electricity! After considering the problem, a large banana box was found. It was strongly built and was well ventilated. At night we sat this on a thin sheet of metal, supported at each end by a mud brick on its edge, and placed a kero lantern underneath (checking that the box was not getting too hot for comfort or safety).

During the day a brick was heated on the combustion stove, wrapped in a piece of blanket and placed in the box. When the chicks felt cold they would snuggle up to the brick or congregate on top. Meanwhile another brick was heating on the stove. The bricks were swapped about every two hours. I guess a hot water bottle would work just as well. The box was kept inside and Margie let her 'little ones' out for a run around the combustion stove regularly, following closely behind with a brush and shovel. This was great fun for everybody, especially for the kids, and the chicks seemed happy and content with this routine. Obviously, this very temporary arrangement had to be quickly improved upon. I had to build a permanent shelter but I was not interested in a rough, unsightly chook shed that would be a blight on our lovely acreage.

Aesthetics were not the only consideration, our shelter would have to be fox-proof and I never liked those yards where fowls spent most of the wet season ankle deep in a sloppy mixture of faeces, food and mud. Accommodation would have to be large enough for a family size flock of six to eight laying hens and a rooster, the plan being to house the birds in the mornings and when laying had finished allow them out to free range till dusk. As there were stacks of mud bricks around the place waiting to be used for our house it seemed only fair that the hens should share in the benefits that this material has to offer. Having helped out on a demolition site I had a bit of corrugated iron, timber and fencing materials available. The plans for the chook house began forming themselves in my mind.

A floor plan of about 2.7 x 2.2 metres (9 x 7 ft approx) suited the assembled materials as well as being an appropriate size. Treated pine posts (old round fence posts) were sunk about 700 mm (28 in) into the ground at the corners. Between these a shallow foundation was dug and a rock footing wall was built using mud mortar. This was built up to form a level perimeter for an elevated floor. Old half-bricks were tapped into a sandy earth fill to form an attractive serviceable floor surface. Hardwood beams, 100 x 50 mm (4 x 2 in), tied up the top of the posts and allowed a seat for a simple 45 degree pitched roof. Used iron was then nailed to a couple of battens. The mud bricks were laid as in-fill walls on three sides. This took about 100 bricks (standard 125 x 375 x 250 mm) laid on their sides, i.e. 125 mm thick. An old four-pane window was inserted, more for my benefit than the chooks, I like it. The fourth wall



was made from two old ARC fence panels on their end, one fixed and one stapled to the centre post to form a gate. These panels are self-supporting and are strong enough to deter the most determined predator. This open side was north-facing, to capture the drying and cleansing effects of the winter sun.

The construction completed, only the internal fitting out was left. The edges of two lengths of 75 x 50 mm (3 x 2 in) hardwood were smoothed off, then embedded in the mud walls for perches. Running parallel with the back wall, one was placed 300 mm (1 ft) from the wall and 750 mm (2 ft 6 in) high, the other 600 mm (2 ft) from the wall and 600 mm off the ground. Divisions were placed in a 1200 mm (4 ft) long box to form four nesting boxes of 300 mm x 450 mm (12 x 18 in). These were mounted about 850 mm (34 in) high allowing the floor space underneath to be utilised. The woodwork was then creosoted (allowing a day or two to dry) and the walls rendered and whitewashed.

All was in readiness for our, by now, three-week old chicks to try out their new home. The floor was covered with a cosy layer of straw and the banana box placed in the corner. It was mounted on bricks with the kero lamp underneath. A large hole was put in one end of the box and I made them a little ramp to walk to and from the box. And good news, they simply loved their new home. They had great fun trying out the perches and scratching through the straw, always secure in the knowledge they could return to their box safe from foxes and chilling winds. The chook house planned itself to a large extent, limited by the resources available. Having acquired second-hand materials by barter of labour and mud bricks by a day's work, the total cash outlay when building was \$3.75 for nails. The chickens have a safe, comfortable home and I have a structure on the property that is a visual asset.



NATURALLY NICE

Hair's Health

by Cheryl Beasley, Karalee, Qld.



All hair types can be improved with a diet high in nutrients that help the hair, and also correct external care. Store bought shampoos and conditioners often leave the hair in a temporary state of wellbeing, but with continuous use these products can actually cause damage to the hair. That's when you need to look at the alternative methods of keeping your hair healthy.

Those of you who like the shampoo and conditioner you are now using will need to supplement your hair with regular trimming and deep care treatments to give your hair and scalp a boost. Homemade hair products are fresh and safe to use. They contain many beneficial elements that instantly condition your hair to a healthy balance. Determine your hair type and follow the recipes. You will begin to notice a change in the condition of your hair almost immediately. Regular hair care will continue to keep your hair in top shape and a good diet will increase its growth rate and give it a strong healthy appearance that will be very noticable.

SHAMPOOS

Dry Hair

Combine the yolk of one or two eggs with 100 ml (3 fl oz) of one of the following herbal infusions. To make an infusion use 2 tbsp of herb to 100 ml boiling water, make as a tea and allow to cool completely before straining.

Brunette: use rosemary, sage, thyme or cloves

Blonde: use chamomile or elderflower

Red: use marigold or saffron

Black: use cloves, rosemary or privet

Oily hair

Follow the guidelines as above however only use the *white* of the eggs.

Normal Hair

Normal hair will benefit from using the yolk and the white together. Choose the herbal infusion that suits your hair colour. With all the egg shampoos it is best to massage the mixture into the hair and scalp and leave it to penetrate for five minutes before rinsing it thoroughly out with coolish water. Hot water will set the eggs!

CONDITIONERS

For the best result, deep conditioning of the hair should be done after shampooing, then the mixture is thoroughly shampooed out.

Dry Hair

1 cup olive oil

1/2 cup honey

Heat the two ingredients over low heat until warm and well combined. Massage the mixture into the hair and scalp and cover the hair with plastic wrap or foil. Leave for 1-2 hours then shampoo out.

Oily hair

2 tbsp vinegar

1 tbsp castor oil

1 tbsp rum

Combine ingredients and rub through hair concentrating on the scalp. Leave for thirty minutes then shampoo out.

Normal Hair

1/2 cup sunflower oil

5 drops rosemary oil

Warm the two ingredients until lukewarm then massage right through to the roots and ends of the hair. Leave overnight for the best results.

A herbal oil can be made by placing two cups of chopped herb in a bottle of oil. Leave in a sunny place for one month and strain. Repeat the process if the oil isn't strong enough.

RINSES

Herbal rinses suited to your hair type can also highlight the natural colours of your hair. Use half a cup of herbal infusion in a basin of cold water for your final rinse. Choose the herbs to make your final rinses from the herb chart below or from those in the shampoo section.

Oily hair: yarrow, witch hazel, soapwort or lavender.

Dandruff: rosemary, parsley, oregano or southernwood.

Thin hair: nasturtium, catmint or southernwood.

Scalp problems: catmint, comfrey, thyme or yarrow.

Dull, lifeless hair: thyme, chamomile, rosemary or sage.

Pour the rinses through the hair after washing and gently massage them into the scalp. Comb through with a wide-toothed comb and leave to dry. Do not rinse your hair with clean water.

GENTLE CARE

Natural hair care also involves avoiding practices that can cause damage to your hair in other ways. Heated rollers, brushing the hair when wet and hair dryers all contribute to dry, split hair. The alternatives are much gentler on the hair and the end results will be much more pleasing. Instead of heated rollers use covered rollers or rag rollers, only comb your hair when wet with a wide-toothed comb to prevent the hair stretching and then breaking back and finally, let your hair dry naturally or use the lowest possible setting on your hair dryer.

Some other tips include never wearing a band in your hair when you sleep as this causes friction and gradually wears away the hair, resulting in splitting and eventual breakage. When washing your hair always make sure every trace of shampoo and conditioner is out of your hair before drying as any residue can make your scalp itchy and dry. Remember to be gentle with your hair and care for it in the best possible way. You will be rewarded with a head full of healthy, shining hair that will be the envy of all your friends.

BRUSH AND COMB CARE

Clean your hair brushes and combs frequently. Weekly cleaning will get rid of any greasy buildup on the bristles and prevent it transferring back to your hair. Old flakes from a dry scalp can also transmit themselves back onto your scalp if the brushes and combs are not cleaned regularly. To clean brushes and combs remove any hair by using another comb and scraping the hair out. Then simply place them in a basin and fill with hot water from the tap until covered, add 1/4 cup of peroxide. Leave to soak until the water cools then scrub gently with a soft cloth and remove the leftover grease and grime. Let them dry thoroughly before using.

Livestock Health and Management

Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

I have been hatching European quail in an old style still air incubator but with a very poor hatching rate – usually less than 50%. When I examine the eggs left most of them are fully developed but appear to be too weak to chew themselves out of the shell. We have helped some out but with poor results also I use all the recommended times, temperature and humidity. Any suggestions?

**Lois Sharpe
Park Orchards 3114.**

According to an Agnote on quail raising the average hatchability for commercial stock is not high, only 55%, and whilst it may have increased since this reference was printed in 1985 it is not likely to be greater than 65%. Thus your hatching results are not as bad as they first appear, however, it is possible problems do exist and that once attended to hatchability will increase. Interestingly, the figure quoted for natural incubation was 67%, but as female quail are generally regarded as poor sitters it is better to rely on an incubator.

Factors considered to contribute to poor hatchability include the age of the eggs and how stored prior to setting, age of breeder stock, nutrition, inbreeding and variations in the temperature and humidity of the incubator. Eggs should be no more than 10 days old, and stored in a cool, chemical-free environment. Never store in the refrigerator as it will destroy the female germ cell. Stored eggs could be kept in an egg carton for accessibility, and the eggs turned twice daily so the contents will not adhere to the side of the shell and thus render the egg useless for incubation. Best results will be obtained by using breeding birds less than 12 months old, however, because the stresses are minimal in a backyard situation it is possible to breed from older birds and still gain good results. If you do not introduce outside bloodlines from time to time inbreeding may become a problem, reducing body size and lowering fertility and hatchability. It is worth introducing unrelated cock birds about every second year. Inadequate nutrition is more likely to cause problems than breeder age or inbreeding. Cortumix quail in the wild consume more insects than other species do, so it is logical that they require a high protein ration (18-22%). Wheat alone or a mixture of wheat and layer pellets will not meet this requirement. Many backyard breeders use a turkey breeder ration because of its high protein content so if you are not averse to using commercial rations it would be worthwhile obtaining some and seeing if it brings improved results. Alternatively, some feed millers are reputed to produce a quail breeder crumble so you could enquire about this.

Although the factors discussed above will contribute to reduced hatchability and viability, irregularities in either temperature or humidity are more significant. Check that your incubator thermometer is in fact correct and run the machine according to the maker's direction. If you do not have instructions, but you do have the brand name, write to 'Australasian Poultry' and ask if any of its readers can help you. Generally still air machines are run 39°C at top of egg height, and dropped to 38.5°C during hatching. Humidity, provided by warm water in tray(s) in the incubator, should be 60% and can be checked by using a wet bulb thermometer. Look for a reading of 32°C during incubation, and increase it to 34°C (70%) during hatching by adding extra water containers or a damp sterilised towel. A fine spray of warm water may also be added. Remember too that turning of the eggs is essential – a minimum of twice daily until the fifteenth day is

recommended. If problems still continue consider contacting: the Victorian Quail Industry Association, C/- Dennis Crouch, RSD, Lockwood 3539.

After two years or more of reading your magazine I thought I'd put pen to paper.

Sharon (GR 94) asked for information about poddy lambs. I have found that a half a capsule of charcoal (available from your chemist) and a bantam egg, or small egg, once a day until diarrhoea has passed, may work. If diarrhoea returns give charcoal again. I do this to all my animals. I too follow the feeding chart in GR 85, but use calf starter instead, available from your stock and station store. Mix one cup of starter to one litre of water, warm the water like baby's milk. Mix two litres a day. Always let poddies have access to fresh grass and water when they are about a healthy week old. They usually won't eat grass or drink water until about four or five weeks old, but need to be around grass to know.

If you find a poddy with its neck bent right back and inside its mouth is very very cold it probably won't survive. I've tried everything but can't help. Poddies never go back to their flock properly; they are pets now. I hope this will help.

**Debbie Prouse
Gundagai 2722.**

Margaret Sabet, Leeton (Livestock Health and Management, GR 94). To eliminate lice in sheep and make sure that they are not sulphur deficient as well (a lack of sulphur means that the amino acids in the body cannot function correctly) give each animal a teaspoon of yellow sulphur per day if they are hand fed. Otherwise a good lick is about 2 kg of sulphur to every 20 kgs of dolomite. The addition of some copper sulphate – half a kilo or more depending on whether the farm is deficient in copper (most are) and either Natrakelp, Maxicrop Multi (a litre per bag of dolomite) or a kilo of seaweed meal. Mix it all up well and put it out for the sheep. If this programme is started just before shearing, the sheep should stay lodger free. Consult 'Farming Naturally' for further information.

I would not consider feeding ammonia to a horse to be a good idea at all, a heaped teaspoon of sulphur in its feed once a day, as well of course as the dolomite, would work 100%. This should always be given, not just when the animal has lice. If it is a thoroughbred a teaspoon of seaweed meal a day should also be given, if any other breed give it twice a week. Consult 'Natural Horse Care' as it will probably need copper as well. A quarter of a teaspoon of copper sulphate in the feed each day is an excellent way of keeping a horse healthy.

Pat Coleby.

CRUNCHY APPLE PIE

Mix $\frac{1}{4}$ cup chopped peanuts into your apple pie pastry for a delicious flavour and crunchy texture.

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delivered to your mailbox.



SEED COLLECTION



by Anna & Paul, NZ.

After gardening for a few seasons you start to notice that certain plants seem to do better than others, so don't let this natural breeding go to waste, collect your own seed! It will save you money, lead to more complete self-sufficiency or just be good fun. The following are basic guidelines for raising seeds of some well known vegetables. Before you start however make sure the variety you are saving is nonhybrid. Seed gathered from hybrids will either be sterile, or will lack the vigour of its pure parents.

LEGUME

The easiest seeds to collect are peas and beans. If possible leave them on the plant until completely dry, but drying them off the plant is fine. Beans and peas cross-pollinate so if growing different varieties, separate them into distinct midseason and late flowering so there is only one flowering at a time. When shelling throw away small and badly shaped seeds and now and again check that they are not getting smaller than commercial varieties. It is also a good idea to swap seeds amongst friends to stop inbreeding. In fact this is a good idea for any seed and this could perhaps be done through the Seed Savers Network (PO Box 975, Byron Bay 2481).

CUCURBIT

Cucurbit seeds are easily collected but cross-pollination is a problem. Different varieties within watermelons, cucumbers and marrows will all readily cross and need to be isolated by at least 30 metres with barriers such as hedges helping. Commercially the distance needs to be at least half a kilometre apart. Marrow will cross readily with pumpkins of the squash type, but hybrids between this group and watermelons, rockmelons or cucumbers have not been found, nor do the latter three intercross. Fruits must be left to mature on the vine. When ripe cut in half, scooping out seeds with pulp into a nonmetallic container. After a period of two to four days the jelly pulp which once surrounded each seed will have fermented into a thin liquid. Now wash the seeds in cool water, pouring off any floating material, including seeds that float. Repeat the washing several times, then spread out one layer deep in a sunny position. Besides providing clean seed the fermentation process acts to destroy possible seed-borne disease.

TOMATO

Tomatoes are mainly self-pollinated so you can save seeds of several varieties in the same garden. When ripe use the same fermentation procedure as for pumpkins. Freezing is a good way of storing dry seeds and increases vigour.

BRASSICA

Cabbage varieties grown together and flowering at the same time will cross-pollinate to some degree. Cabbages will cross with other related brassicas such as cauliflower, kale, or Brussels sprouts but at a lower frequency. To collect the seed leave to dry as long as possible on the plant, then hang upside down in a paper bag or depod the seeds by hand.

LETTUCE

Lettuce is self-pollinated so different varieties can be grown near each other. As seeds near maturity they form a white fuzzy

material at the flower tips and when most flowers look like this, cut off the seed stalks and hang up to dry in a paper bag. Shake vigorously to release seeds. Lettuce seed is dormant when harvested and to break this, place in a refrigerator for 48 hours. Celery seeds also need to be treated this way.

CORN

Most corn varieties are hybrids so if you want to save seeds, find an open-pollinated type such as Golden Bantam. Corn easily cross-pollinates between varieties as well as between maize and popcorn. If growing different varieties leave at least 60 metres, preferably with tall barriers between different varieties. Commercially you need at least half a kilometre. Leave until kernels are hard and dry. Frosts will not hurt them. They can also be brought inside to dry if husks are turning brown. Inbreeding almost always leads to loss of good characteristics so use more than one kernel and swap seeds amongst friends.

CARROT

Carrots are surprising first time around as they are vegetative during the first year and produce the seeds the second year. A way of selecting plants is to pull them up then carefully replant the ones you want. When the green colour disappears from leaves, cut and dry inside. Seeds can be rubbed off by hand and debris picked out. Carrots cross-pollinate so if you want two varieties, plant one a year after the other. Watch out for cross-pollination with wild carrot-type plants.

As for the other vegetables all I know is that the beets cross-pollinate, but onions and leeks don't cross.

Reprinted from *Mushroom No 7*, a New Zealand magazine about alternative living, no longer published.

FENNEL VINEGAR FOR ANIMAL ECZEMA

Roughly chop a bunch of fennel, pour over it an equal amount of boiling cider vinegar. Leave overnight. Dab on affected areas with a sponge or cloth. This is good for flea-induced eczema.

The vinegar soothes and the fennel repels the fleas.



MOSQUITO REPELLANT PLANT

With the Australian love of the outdoor barbecue, a little known plant from the Canary Islands, Cedronella, should become the ideal entertainer's plant. Cedronella is mosquito repellant with the leaves spreading their pleasant lemon scented aroma for several metres. The attractive, bushy plants produce mauve flowers in summer and grow well in containers, so if required they can be moved. For those who love to spend time in their garden without having annoying insects spoiling their enjoyment Cedronella is just one of three Nature's Own Repellants just released by Erica Vale Speciality Seeds at around \$2.75 per packet. Nature's Own Repellants have been specially selected as attractive plants that have additionally been shown to naturally repel a wide range of pests, thus avoiding, in many cases, the need to resort to chemical sprays.

Contact Erica Vale at PO Box 50, Jannali 2226. Ph: 02 533-3693.

GREAT READING FROM NIGHT OWL

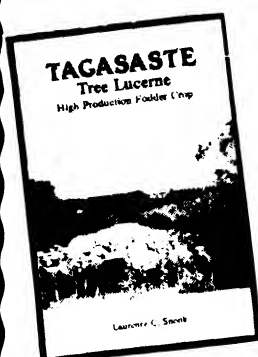
GOING TROPICAL - Living and Fruit Growing in Northern Australia - Ron Edwards

Going Tropical is a useful resource on tropical fruit and living up north. It contains chapters on living in the tropics, choosing land and implements for a smallholding, gardening, improvising with recycled tools, and a comprehensive section on tropical fruit growing.



TAGASASTE (TREE LUCERNE) - High Production Fodder Crop - Dr L C Snook

Tagasaste (tree lucerne) produces high protein fodder, grows quickly and easily, and is relished by stock. Agricultural scientist, Dr Snook, describes how to grow tagasaste, the various ways of integrating it into farm fodder production, and how to manage it for maximum yield.



THE BULLOCK DRIVER'S HANDBOOK - Arthur Cannon

Arthur drove bullocks for many years and in this book he describes how it was in the old days. He also explains how to select and train your own bullock team.

COMMUNITY MARKETS - John Van Tinteren

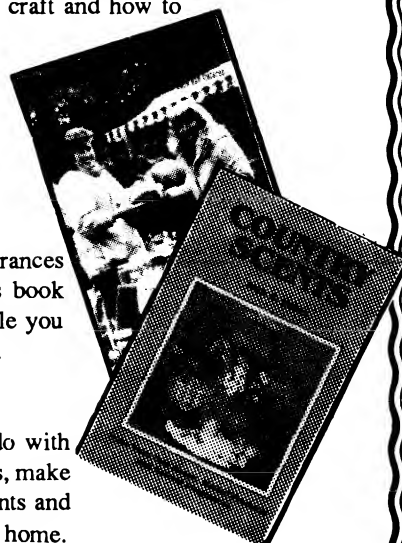
Community Markets is a fascinating description of how to live off the earnings from a stall at a market. It is an excellent source of inspiration and practical advice on how to make money from craft and how to start your own market.

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SNAKES ALIVE!

by Ann Walker, Eaglehawk, Vic.

I have always been hung up about snakes. Something to do with the Garden of Eden I think. A firm conviction, passed down through the female line, that snakes meant *trouble*! My favourite stories when I was a child were those about Rikki-Tikki-Tavi, the little mongoose who was such an intrepid snake hunter in Rudyard Kipling's *Jungle Books*. My father had a beautifully illustrated set of these books and he was a brilliant reader. I could hardly bear the excitement and tension of Rikki-Tikki's snake hunts. Of course I knew perfectly well that I lived in England and not India, nevertheless the faint (very) possibility of meeting a snake on one of our family picnics gave an added thrill to these occasions.

Maturity did not lessen my phobia about snakes and turning up an extra large earthworm in the garden was enough to bring me out in a bumpy rash of goose pimples. Small wonder that when my husband first mentioned the idea of living in Australia I turned it down flatly on the grounds that, 'There are snakes in Australia!' He assured me, with a fine disregard for truth I was to discover later, that though there were few snakes in Australia they were no more dangerous or visible than the grass snakes of England. In due course I allowed myself to be persuaded to visit Tasmania House in London to view a film on the island state which, on the grounds that it was the most 'English' part of Australia, we had chosen as our new homeland. The film, which depicted Tasmania as an Anglicised slice of heaven down under, did not mention snakes. Lulled into a sense of security and at the same time fired with enthusiasm for this paradise island shaped like a heart on the other side of the world, I confidently set sail.

I was halfway round the world and way past the point of no return when snakes were once more brought to my attention. I was listening to a talk on what to expect in Australia, more for something to while away the long hours at sea than anything, when the uncomfortable subject of snakes was raised. The speaker really warmed up to her subject. Snakes it seemed were just about *everywhere* and all of them had one aim in life: to bite people. But we were going to Tasmania, so like England only sunnier. When the speaker paused for breath and questions I asked if all snakes were dangerous and if there were any snakes at all in Tasmania. 'Oh, yes', I was assured. There certainly were snakes in Tasmania and though all the mainland ones were not poisonous those in Tasmania were! I didn't sleep so well for the rest of the voyage. In Tasmania I found that just about everybody had a snake story to tell, particularly in the rural communities of the north-west coast, which was where we planned to settle, and even after making allowance for storyteller's exaggeration (snake stories are a bit like fisherman's yarns) they were enough to make even my straight hair curl! On one thing however everyone was agreed: all snakes in Tasmania could kill. I was blooded the very day we moved into our new home.

We were all busy unloading our possessions from the laden car. I came out of the back door to collect another load, my husband, arms full, was walking down the path towards me, one child was coming out with me, the other two following



him. The cry went up, 'snake!', and there it was, calmly crossing the concrete path between us to slither away somewhere in the garden bushes. It was at least a metre long. I found out exactly what was meant by the expression 'rooted to the spot'. In common with everyone else in Tasmania I now had a 'snake story', though it seemed we didn't come out of it too well. We should have killed the snake. Though as I was empty handed and my husband's arms full of bedding I am not quite sure how we could have managed this.

We were of course destined to add to our stock of snake stories and collect a few good ones from our neighbours too. There was the half snake we found in a bale of hay. The time our neighbour's teenage son was bitten by a snake up a tree and rushed to the local hospital with great drama. There was the story we heard from another neighbour who, on waking in the night to the sound of curious bumping was prodded out of bed by his wife to investigate; opening the wardrobe door he found a snake inside! And there was the snake with a hundred legs that sent my four year old twins running, at very high speed, out of the dairy. Deducing from their description that it was a deadly tiger snake and it was the yellow bands on its body they had mistaken for legs I was very glad they did run!

After four years in Tasmania we got itchy feet again and moved across Bass Strait to Victoria, which, incidentally, seemed much more English to me than Tasmania but just as full of snakes! My first close encounter with a Victorian snake was when I had the local vet out to a donkey. He had asked me for a bucket of water and I had just handed it to him when I saw a snake gliding across the yard. 'SNAKE!', I screamed, or screeched. The effect was instantaneous on the vet not the snake. He leapt several feet into the air, spilling the bucket of water I had just handed to him all over himself in the process. 'Whatever did you do that for?' He demanded. 'It's quite harmless as you can see from the markings on its head!' I replied rather stiffly that where I came from no snakes were harmless

and it would be suicidal to ask to look at one's head markings.

We had a hen once sitting on a nest of eggs inside an old tyre. The eggs were about due to hatch. My daughter peered into the shed and called out, 'I think I can hear chickens peeping, but the hen looks funny!' Joining nine year old Ruth I agreed, the hen did, indeed, look 'funny'. Fortunately before either of us investigated further my husband arrived on the scene. We watched as he went into the shed and picked up the hen. 'She's dead!', he exclaimed. Suddenly he dropped the body and, rather pale around the gills, began to beat a very hasty retreat with his gaze still firmly fixed on the nest. At first all we could see was that some of the eggs in the nest appeared to have hatched. Then suddenly from among the remaining eggs and chickens, rose a snake's head and when we looked harder we could detect the coiled body inside the tyre. I said 'remaining eggs and chickens' because subsequent investigation revealed that several of the eggs and/or chickens had become a snake snack. This story ended more happily than one would expect. I successfully hatched the remaining eggs and reared all the survivors (five in all) in an electric frying pan!

Cats, like Rudyard Kipling's mongoose, are often quite intrepid snake hunters, but it is a dangerous pastime and over the years we have had several casualties, including one, Dusty, who spent eight days hospitalised and miraculously survived with no ill effects in spite of being totally paralysed (she could only roll her eyes) for four days.

At one time we had a snake that made its headquarters in one of the sheds and had the garden bed outside the back door as its favourite sunning place. Well meaning (to us, not the snake) friends urged us to kill it, but I was reading Alan Boone's famous book, *Kinship With All Life*, at the time. In it the author recounts the story of how he asked the wise old Indian chief just why it was that so many more white men than red men got bitten by snakes. 'Because', the old chief told him, 'the white man walks among them with fear and hate in his heart which in turn is transmitted to the snakes. The red man walks among them without fear and sees the snake as his brother in the web of life, so the snakes in turn have neither fear nor hate and do not need to bite.'

I was so impressed by this that I decided to try and put it into practice. Quite deliberately I endeavoured to project to the snake in the garden bed and any others that might be around that I harboured no ill-feeling toward them. One hot afternoon I was sitting on the ground in the shade of a large gum tree while I waited for the hose to fill up the ponies' water trough. When I got up to turn off the tap I saw to my utter amazement that, just a foot or so away from me, a snake was coiled in the sun on the other side of the tree. Without panicking I turned the tap off and walked back to the house leaving the snake undisturbed.

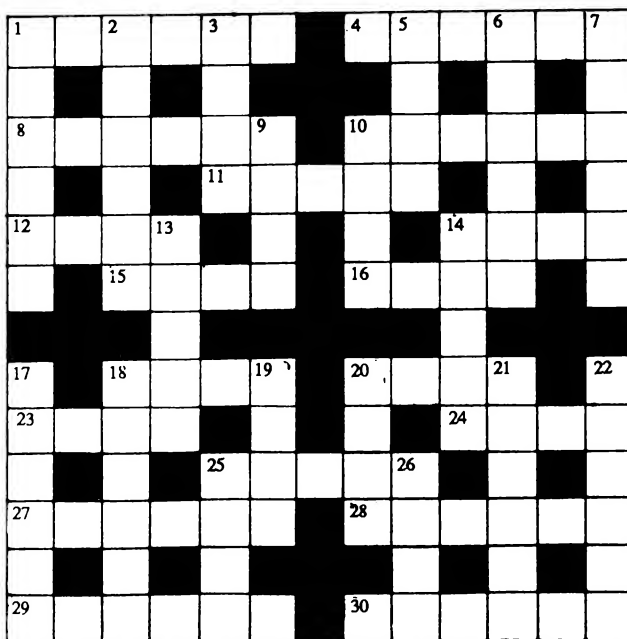
I still treat snakes with caution and respect, but I no longer have a phobia about them or think that the only good snake is a dead one, in fact I much prefer snakes alive!

CRYPTIC GRASSWORD

By M. Riley, Tanjil South, Vic.

- Across
1. Corrects entitlements (6).
 4. Distress ends in tension (6).
 8. Airing new neat gin shake (6).
 10. Measure new term I see (6).
 11. You in rags returned to sweeten (5).
 12. Pets converse in flight (4).
 14. Sundown too long for release (4).
 15. Remainder take a break (4).
 16. Generous type (4).
 18. Jog betrothed's mind (4).
 20. Recently departed not on time (4).
 23. Spiral lock (4).
 24. Note for university (4).
 25. Little life in them (5).
 27. He gives out no balls nor bats (6).
 28. Consuming just a tinge (6).
 29. Lending more than needed for finishing (6).
 30. Collection of crockery from estate (6).

- Down
1. Offer a dish containing salad (6).
 2. Spring in New Zealand can be hot (6).
 3. Hides treatment for leather (4).
 5. Layer for another rite (4).
 6. Darren takes short journey (6).
 7. Denomination or part of a circle (6).
 9. Wind up in August (4).
 10. About face at ball (4).
 13. Sea shells outshining treasure (5).
 14. Tune I combine (5).
 17. Charge child initially with sauce (6).



18. Stand still for the camera (6).
19. Often leaves shed and barks outside (4).
20. Stone fruit (4).
21. Itches to reveal moral code (6).
22. Armoured man on board (6).
25. Ring brought a smile (4).
26. Eats to satisfy (4).

Solution on page 66.

GROWING AND USING TURMERIC

by Michel and Jude Fanton, Byron Bay, NSW.

Turmeric is rarely seen as a fresh commodity in shops, but its yellow fleshed rhizomes give an authentic flavour to Asian cooking and it is an easy plant to grow in the warmer parts of Australia. We recommend that you try this plant in your garden.

DESCRIPTION

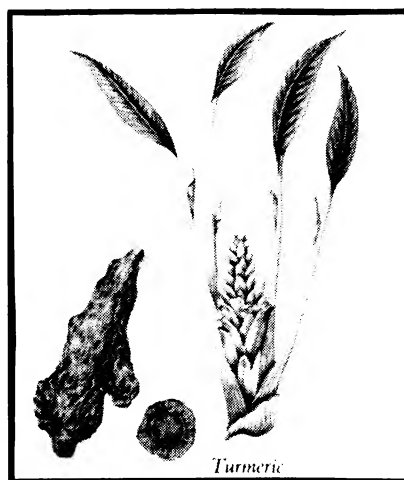
Turmeric (*Curcuma* spp) is a broad leafed plant that looks not unlike aspidistra. It grows to sixty centimetres and has waxy white, beige or yellow flowers that appear from the centre of the plant in the second year. There are numerous varieties of turmeric, differentiated from one another by their flowers, the colour of their roots and their taste.

CULTIVATION

Turmeric leaves die back in the winter and the rhizomes resprout when the soil warms up. A native of tropical forests, turmeric thrives in the shade although it will grow in full sun, and even as far south as Adelaide. The more fertile the soil, the greater the rhizome production.

PROPAGATION

Towards the end of the dry time of year, lift the plant when the



leaf and stem have withered. The secondary lateral rhizomes, known as fingers on account of their shape, are used for propagating. They are planted about seven centimetres deep. The mother rhizome is conical and faster than the lateral rhizomes in producing roots. Good fruit shops sometimes sell fresh rhizomes that can be used for replanting.

USAGE

The whole plant is edible. Both the fresh and the dry leaves can be used to wrap up fish before cooking and as a flavouring in rice dishes and curries. Use the swollen rhizomes like ginger – crushed, chopped and added toward the end of the cooking. In Indonesia the young shoots are often eaten steamed in vegetable dishes. To make turmeric powder, boil the rhizomes for two to four hours and dry for two weeks before peeling and pounding. Turmeric is used for dyeing cloth.

Some of the lighter coloured types are reputed to have the medicinal property of alleviating stomach troubles. Vietnamese Australians minimise scarring by rubbing turmeric onto wounds once they have healed over.

An extract from *The Seed Savers Handbook* by Michel and Jude Fanton, 176 pages, 100 fine line illustrations, 117 vegetables, rare root crops edible flowers and culinary herbs. Available solely from The Seed Savers' Network, Box 975, Byron Bay 2481. Send \$25 for immediate mailing. We will also send you some unusual tomato seeds with the book if you let us know you are a *Grass Roots* reader.

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Poetry

NO ENCUMBRANCES

We climb to the high paddocks
to pay homage to the full moon.
A stealthy hunting owl
ranges over the grass tonight.

A 'For Sale' sign on new blocks
cuts off a segment of the moon.
Moongoers should call Brash Realty
for first option and freehold rights.

Diane Beckingham.

THE DOLLAR GOD

We talk to our mates in the pub and pray
That rain will come and this crop will pay.
It matters not the cost to the sod
As long as we weigh off the Dollar God.

Every farmer has his say
But bankers always have their way.
Spray more, stronger, on more of your land
For the sake of that extra couple of grand.

And so we spray another field
In order to sustain the yield.
We rape the ground of our own free will
Leaving our kids to foot the bill.

When we hang our hats for the last time
And look at the figure on the bottom line
Do you think we'll think it a little odd
To have ruined our land for the Dollar God?

Ruth Donald.

ERNIE

I often wonder how I'd feel
If I were living like an eel
Immured within a limpid pool
Midst waters deep and clean and cool.

So, snug beneath my ledge of rock,
I'd live my life by Nature's clock,
Emerging only to secure
The food that floated past my door:
And, safely hid from prying eyes,
I'd have time to philosophise,
And wonder why the world can't share
A lifestyle that's so rich and rare.

Then Nature turns, and with a shout,
She sends a flood...and I'm washed out.
A Shepherd.

NO TIME TO LIVE

What's the good of living
If we have no time at all
No time to let our minds grow big
Or even stay quite small.

No time to go for picnics
With the family all around
Nor to enjoy the scenery
While sitting on the ground.

No time to read the books we like
Or walk around the town
Talking to old friends we know
Or acting like a clown.

No time to write a book or two
Or even run a mile
No time to dance or play the flute,
Not even time to smile.

We're too busy doing other things
To know the joy of living
Might just be fun to change our ways
And experience some re-living.

Anne Vanzetti.

SKY MASTERPIECE

At 6.49 am
I awaken
to the song of the wind
taunting trees
outside my window,
and spring out of bed –
peering through the blind
to check for rain.

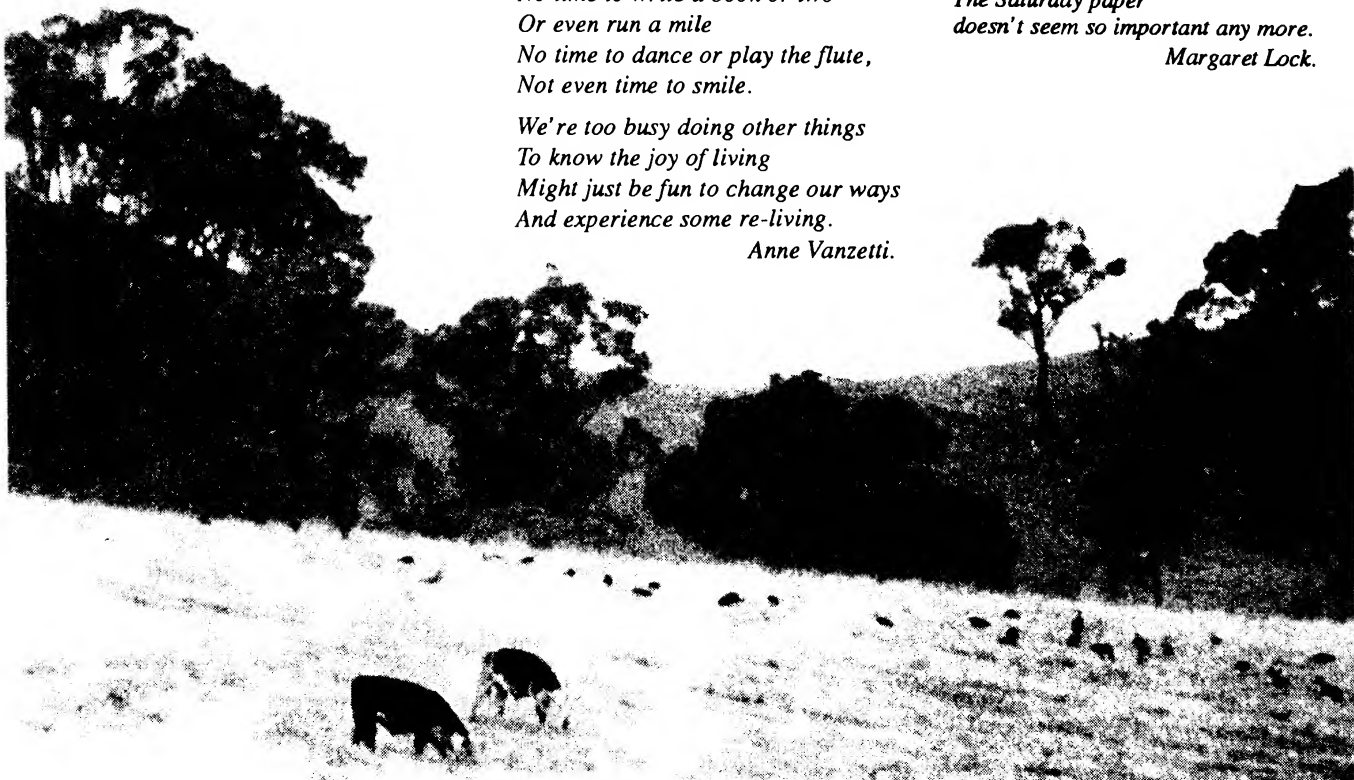
I am greeted by
bright pink dawn-clouds
patchworking the sky.
I slip into my dressing gown
and run up the hall
in bare feet,
stepping onto cold concrete,
my toes curling
as I head for the letter box
to bring in the morning paper.

As I run I stare up
at the sky's work of art.
With each step
the sky-picture alters.

A zeppelin
a tiger
a squadron of black jets
and beyond.
A collection of iridescent lakes
sitting at the base
of violet mountains -
creating a patchwork fantasy
to examine, to explore.

My eyes remain on the display
as I pause at the letter box.
The Saturday paper
doesn't seem so important any more.

Margaret Lock.



Kids Pages



Dear GR Families,

Hello. We are Joseph 10 and Daisy 8 and we want to tell you about home schooling. There are seven of us in our family and we live on a small farm. We have lots of animals and we are making a herb garden, a vegetable garden and planting trees and flowers.

We do spelling, writing, reading and maths and we have lots of books and encyclopaedias. Our Dad does carpentry with us and we do cooking and crafts with Mum. Making things out of clay, painting and drawing are also activities we do a lot.

Home schooling is good for lots of reasons. We like it because at school you are far away from home. We can do experiments and things we can't do at school like canoe making, gardening, collecting trees from the forest and visiting places. Hot days we can spend under a shadey tree and we can sit by the fire on cold days.

We can do lots of different activities with our Mum and Dad to help us. Our little brothers like us at home too. We do so much each day that we don't do homework. Home schooling is really great and you can learn a lot.

Daisy and Joseph
WA.



Daisy and Joseph enjoying a book.

HOW EXACTING ARE YOUR EYES?

Simply count all the E's in the following sentence...it's as EEEsy as that.

Each Easter every exiled
Englishman entertains endless
entreaties for exotic eggs.

Solution at bottom of page.

SOME CAKE!

In 1730, Frederick William, King of Prussia, gave the 30,000 soldiers in his army a treat. He ordered a 7½ metre (24 ft) square cake which needed eight horses to pull the wagon delivering it. The recipe included a tonne of butter, 5000 eggs and about 900 litres (200 gallons) of milk. I'm glad I didn't have to clean the kitchen. Imagine the size of the oven!

Solution to E puzzle: 17.

COOKERY CORNER

CAROB EGGS

- 1 cup of carob powder
- 1 cup of honey
- 1 cup of peanut butter
- 1 cup of powdered milk
- 1 cup of chopped peanuts
- ½ cup of toasted wheat germ
- coconut or chopped nuts (optional)

Sift the carob into a large bowl, then add the rest of the ingredients, working them with your hands until they're well blended. If the mixture is too dry, add a few drops of water. On the other hand, should it be too wet, you can work in more powdered milk a tablespoon at a time. Once you've achieved the right consistency, shape the dough into eggs and coat them with shredded coconut or chopped nuts if you like.

BOOK REVIEW

Plants Of Prey, by Densey Clyne.

You may have seen Densey Clyne on television. She shows us some fascinating glimpses of the lives of common, and not-so-common, garden insects and other small creatures which live so close to us all, but about which we know so little. Many of these creatures eat plants, but this book is about plants that eat insects. Sundews, pitcher plants, bladderworts and Venus flytraps are all carnivorous plants. The beautiful photographs in the book show their weird and wonderful shapes and the ingenious methods they have evolved for luring and trapping their prey. Explanations are written in the same clear and interesting manner which the author uses on television. Children from six to ten years old will probably enjoy this book best, but younger children will love the pictures and older children and adults will also probably learn some things they didn't know as well as marvelling at the excellent photography. Other books in this series by Densey Clyne are: *Catch Me If You Can*, which is about tactics insects use to protect themselves, and *Cicada Sing-Song*, about the fascinating secret life of this noisy, little-seen insect.

Published by Allen & Unwin, PO Box 764, Nth Sydney 2059, RRP \$8.95.



Victim in the deadly Venus fly trap.



DECORATED EGGS



If you have hens which lay lots of eggs you may like to try making some decorated eggs to give to family and friends at Easter.

You Will Need

- eggs
- old pantyhose
- natural dye materials such as onion skins, beetroot, red cabbage or anything else you can eat which will produce colour when boiled in water
- food dyes
- small decorative items such as beads, sequins, cut out flowers
- crayons
- craft glue

What To Do

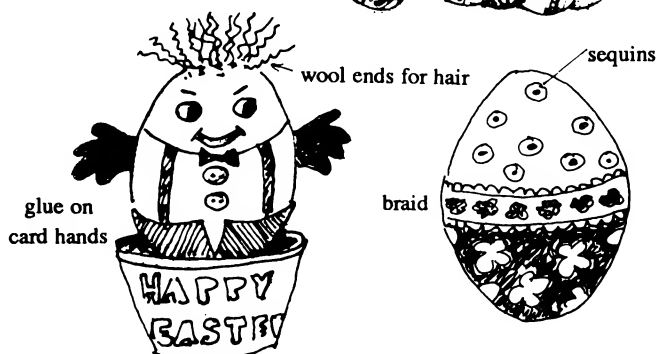
If you want to be able to eat your decorated eggs they will have to be hard boiled. Before boiling wrap the eggs in onion skins or other edible coloured leaves, secure with elastic bands and wrap firmly in pantyhose; or place some beetroot, red cabbage or food dye in the water the egg is to be cooked in. If you like you can draw interesting designs on the eggs with crayon before placing them in the dye water; the crayon designs will repel the liquid and leave that part of the shell uncoloured. Simmer eggs for 20 minutes. Make these eggs close to Easter and store them in the refrigerator.

Different patterns made with wax crayons.



GOOD NEWS ON SWEET TREATS

An Australian confectionery company has responded to a serious problem for the many children who react badly to artificial colours and flavours and parents who are concerned about giving their children food containing chemicals. The Natural Confectionery Co, a division of Sunrise Confectioners, has produced a range of sweets that have only natural colours and flavours. Released under the Binka's brand, the sweets can be eaten safely by children who become hyperactive as a result of eating some of the artificial colours found in regular sweets. Many experts believe that some artificial colours have a direct link with hyperactive behaviour. Reactions seem to vary considerably, but a common side effect is stepped up activity that can lead to bad behaviour and an inability to sleep. It is also believed that certain artificial colours cause bad reactions in some asthmatics. Binka's isn't a cure for hyperactivity or asthma, but it does offer children an opportunity to have a treat without worrying about the adverse effects. The range of sweets include snakes, jellybabies and raspberries. They look and taste like their chemically coloured cousins without any of the ill-effects. If Binka's sweets are not available near you, you can write to Sunrise Confectioners Pty Ltd, PO Box 64, Prahran 3181 or phone 03-529-3344.



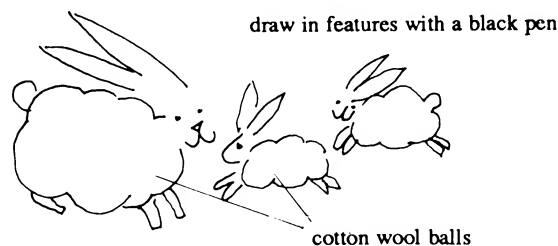
Another method of decorating eggs is to blow the egg out of the shell, use the contents in scrambled eggs or omelettes and keep the shells to decorate. To blow an egg, make holes in either end with a skewer or large sewing needle and blow vigorously through one end. Now you can decorate the egg shells in many ways:

Paint them, draw on them with felt-tip pens, glue sequins, beads, flowers, old Easter egg foil, or anything else your imagination and your scrap box can provide. These look very pretty strung up by cotton or fishing line from a wire coat hanger. You could also glue facial features and hair on them and sit them in an egg carton to make all sorts of funny egg-people to play with.

More ideas about decorating eggs can be found in GR 60.

EASY EASTER CARDS

You can make Easter cards for your friends by glueing balls of cotton wool or even teased fleece onto coloured card and drawing faces and ears, and even feet, onto them to make Easter rabbits. You could also use this technique to make Easter chicks, using yellow coloured cotton wool of course. Add 'Happy Easter' in textas using your best handwriting and use to accompany your homemade decorated eggs.



He who wants eggs must endure the clucking of the hen.

DID YOU KNOW?

There are many different beliefs about eggs and Easter. To the Chinese eggs are a symbol of good luck and happiness. Their round smooth shape represents a state of wellbeing and the lack of corners stands for tranquillity. Red eggs are offered as gifts to the parents of newly born babies. Clay eggs have been found in prehistoric tombs in Russia and Sweden where apparently they were believed to be symbols of immortality. For other unusual beliefs about eggs see the Kids Pages in GRs 60 and 66.

While the Billy Boils...

One of the joys of summer is a crisp, garden-fresh salad. As well as being nutritious, delicious and easy to prepare they are so versatile. Use these unusual salads as a lunch meal, or as part of a main meal, perhaps accompanied by your favourite veggie burgers. If the weather turns cool you can easily transform most salads into a stir-fry or casserole. And what better way to round off a meal on a hot day than with refreshing homemade lemon ice cream?

TOFU SPROUT SALAD

- 3 cups shredded cabbage
- 1 1/2 cups alfalfa sprouts
- 3 cups cored, unpeeled chopped apples
- 3 tbsp lemon juice
- 250 g (1/2 lb) mashed tofu
- 1 cup crumbled cheese
- 1 cup natural yoghurt
- 1/4 cup caraway seeds
- 1/2-1 cup chopped walnuts



Combine cabbage and sprouts. Mix apple with lemon juice and add. Combine tofu, cheese and yoghurt mixing well. Add to vegetables and toss until coated. Sprinkle with caraway seeds and walnuts.

Sean O'Donnal, Newcastle.

GREEK RICE SALAD

- 3 cups cooked rice
- 125 g (4 oz) cream cheese or feta cheese
- 1 small cucumber
- 2 tomatoes
- 3 tbsp oil
- 1 tbsp lemon juice
- 1/2 tsp grated rind lemon
- 1/2 tsp mixed mustard
- 1 tbsp chopped fresh herbs – parsley, mint, basil
- salt, pepper to taste
- 1 lettuce heart
- olives to garnish

Cut cream or feta cheese into small squares. Peel cucumber, halve lengthwise, scoop out seeds with spoon, cut into thin slices. Cut tomatoes into thin wedges. Blend oil, lemon juice, lemon rind, mustard, herbs, salt and pepper. Shred lettuce coarsely. Place rice in centre of salad platter, surround with lettuce, cucumber slices, tomato wedges and cheese squares. Garnish centre with cucumber slices and black olives. Pour lemon herb dressing over salad and toss before serving.

Al Wentworth, Rosewater.

MUSHROOM SALAD

- button mushrooms, chopped
- bean shoots
- capsicum, diced
- spinach, silverbeet or lettuce, chopped coarsely
- tomato, diced
- chives or spring onions, chopped

Combine in bowl and toss lightly with dressing.

Dressing

- 250 ml (8 fl oz) French dressing
- 1-2 cloves garlic, crushed
- 1 tsp curry powder
- 1 tsp ginger powder

Mix together and store 2-3 hours before using. Use only

enough to lightly coat salad and store remainder in refrigerator.

Julie Russell, Corowa.

LENTIL BURGERS

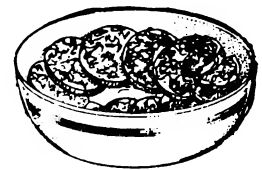
- 2 cups cooked lentils
- 1 cup fresh wholemeal breadcrumbs
- 1/2 cup wheatgerm
- 1/2 tsp sea salt
- 1 small onion, diced
- 1/2 tsp dried mixed herbs
- wholemeal flour to coat

Mash lentils, add rest of ingredients except flour. Mix thoroughly. Form into patties (about 8). Coat with flour and brown on both sides in frying pan. Serve with salad.

Diane Dickson, Leongatha South.

WALNUT-OAT RISsoles

- 1 cup walnuts, ground
- 1 cup rolled oats
- 1/2 cup onion, chopped
- 1/4 cup skim milk
- 1 egg (or 2 egg whites)
- 1/2 tsp salt
- 1 tbsp soy sauce
- 1/2 cup onion, minced
- 1/2 cup celery, diced
- 2 tbsp soy sauce
- 1 tsp salt
- 4 cups water



Mix first 7 ingredients and let stand 5-10 minutes. Drop by spoonfuls into oiled frypan and brown both sides. Combine last 5 ingredients and bring to the boil. Drop rissoles into broth. Reduce heat and simmer 10-20 minutes.

Col Franklin, Ballarat.

BEAN AND ALMOND SALAD

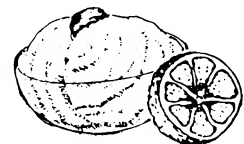
- 500 g (1 lb) lightly cooked French beans
- 1/2 cup slivered almonds, toasted
- 1 stick celery, chopped
- 1/2 cup bean sprouts
- chives, chopped

Combine all ingredients. Toss well in French dressing.

Sam Gilly, Lismore.

LEMON ICE CREAM

- peel of 2 lemons
- 1.2 lt (2 pt) milk
- 250 g (1/2 lb) sugar
- 600 ml (1 pt) cream
- 3 egg yolks



Beat yolks well, stir them into the milk, then add other ingredients. Over moderate heat stir constantly until boiling. Remove from heat, strain out lemon peel and allow to cool. Freeze and serve with fresh fruit.

Mr F Miller, Kansas City.

A BIT SAUCY!

by Pamela Odijk, Mount Morgan, Qld.

You can make your own gourmet sauces without being a gourmet cook. It will take a little time, but in a couple of hours you can make enough sauce to last the family for some months. If you make a variety of sauces, you might like to bottle half of the quantity in small (soft drink) bottles, label them artistically, and present someone with a gourmet gift of selected homemade sauces. These also are good sellers at market stalls.

Whether you prefer dipping sauces for vegetarian rolls, spring rolls, chicken or prawn and cabbage rolls, or sauces to dress up a sausage sizzle or other dish, it is very easy and most economical to make your own. These are tried and tested recipes from my grandmother's and my mother's cookbooks, and some such as the pawpaw and onion sauce and the mango sauces, I invented myself. The mango sauce recipes were inventions born out of dire necessity. My husband presented me with a wheelbarrow load of mangos which he had retrieved from the orchard, with the request, 'Do you think you could use these up?' The enormous amount of sauce this produced made it necessary for me to insist that all visitors take home a compulsory bottle of sauce. All have since given these recipes high approval ratings.

GOOD OLD AUSTRALIAN TOMATO SAUCE

This is my grandmother's recipe and to this day I cannot eat the commercial 'plastic' variety.

To peel tomatoes, put them in a saucepan and pour boiling water over them. Allow to stand a few minutes after which the skins can easily be removed.

- 24 tomatoes (peeled and sliced and mashed with a potato masher or processed in a food processor)
- 5 medium onions (peeled and grated or processed)
- 5 apples (grated or processed)
- 2/3 cup sugar
- 3 tbsp salt
- 1 tbsp paprika
- 1/4 tsp cayenne pepper
- 1 tbsp dry mustard
- 1 cup cider vinegar



The following spices can be tied in a muslin bag (or in half a Chux cloth) if you wish to remove them from the final product, otherwise add to the above ingredients as directed.

- 1 tbsp whole black peppercorns
- 1 tbsp allspice
- 1 tbsp mustard seeds
- 4 bay leaves
- 2 tbsp crushed chillies
- 1 tbsp dried basil

Cook tomatoes, apples and onions until soft and liquid. Add rest of ingredients *except the vinegar*, including the spices, and cook for a further 15 minutes and then add the vinegar *slowly*, stirring all the time, and cook for a further 30 minutes until the sauce thickens. If the spices are to be removed, remove the bag when the sauce is quite cold. Bottle and label.

PLUM SAUCE

A recipe from my mother's cookbook.

- 3 kg (6 1/2 lb) plums

- 1 tsp pepper
- 4 cups vinegar
- 1-2 onions, peeled and chopped
- 1 tbsp ground ginger
- 1 1/2 kg (3 1/4 lb) white sugar
- 1 tsp cayenne pepper
- 1 level tbsp salt

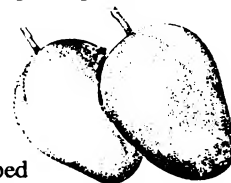


Place all ingredients into a large preserving pan and boil until the stones separate out from the plums. Remove stones. Allow to cool. Place the sauce in a blender or strain through a colander or sieve. Bottle, cork (when completely cool) and label.

SPICY PAWPAW AND ONION SAUCE

My own concoction of which everyone seems to approve.

- 3 medium sized pawpaws, peeled, seeded, sliced
- 250 g (1/2 lb) sugar
- 1 cup lemon juice
- 1 tbsp minced garlic or garlic granules
- 1 tbsp mustard seeds
- 1 tbsp dried chillies
- 1 tbsp curry powder
- 3 tbsp salt
- 2 cups vinegar
- 10 large onions, chopped



Simmer all ingredients together for two hours until the sauce thickens. Allow to almost cool and puree in a blender or food processor. Bottle, seal and label. This is a very spicy sauce. If a milder sauce is required, use only half the chillies and curry.

MANGO SAUCE

Invented when we had an oversupply of mangoes.

- 2 kg (4 1/2 lb) sliced *green* mango flesh (after peeling and seeding)
- 2-4 apples, peeled, cored and chopped
- 4 onions, peeled and chopped
- 500 g (1 lb) white sugar
- 500 g (1 lb) brown sugar
- 3 cups cider vinegar
- 1 cup lemon juice
- 500 g (1 lb) dried fruit such as dates, raisins, sultanas combined (include some chopped dried apricots if desired)
- 2 tbsp crystal salt (sea salt)
- 2 tbsp dried chillies
- 1 tbsp powdered ginger
- 1 tbsp garlic granules or minced garlic

Make a syrup by bringing to the boil the sugar and half the vinegar. Add the remaining ingredients, reduce heat to allow the mixture to come slowly to the boil again. Boil for approximately 2 hours until the sauce is thick and a pleasant colour. Allow to cool. Puree in a food processor, bottle, seal and label.

MANGO, APPLE AND RAISIN SAUCE

Use the green ones which fall off the tree or almost ripe ones, as these are easier to handle.

- 12-15 small to medium sized mangos, peeled, seeded and sliced

- 6-8 apples, peeled, cored and chopped
- 1 cup raisins
- 1 cup lemon juice
- 500 g (1 lb) sugar (or half white and half brown)
- 2 cups cider vinegar
- 1 tbsp curry powder
- 1 tsp powdered cloves
- 1 tbsp crushed dried chillies
- 3 tsp garlic granules or minced garlic
- 3 tbsp salt

Place all ingredients in a large preserving pan and bring to the boil. Reduce heat and simmer gently for 1-2 hours until the sauce changes colour and thickens. Allow to cool, then puree in a food processor, bottle and label.

HOMEMADE WORCESTER SAUCE

- 500 g (1 lb) treacle
- 125 g (1/4 lb) garlic
- 1 tsp cayenne pepper
- 2 tbsp salt
- 4 cups vinegar
- 1 dsp mixed spice
- 1 dsp ground ginger

Boil all the above slowly for an hour. Then add a tablespoon of flour mixed with a little cold vinegar. Boil for a further five minutes. Allow to cool, bottle and label. Allow this sauce to stand for 2 weeks before using.

MUSHROOM SAUCE

- 1 1/2 kg (3 1/4 lb) mushrooms
- 1 small onion, peeled and chopped
- 1 clove of garlic, crushed
- 1 tbsp pickling spice
- 100 g (3 oz) salt
- 2 cups vinegar



Chop the mushrooms and place in a mixing bowl, sprinkle with the salt and set aside for 24-30 hours, stirring occasionally. Drain the mushrooms and rinse them in cold water. This is most important or the sauce will be very salty. Place the mushrooms in a saucepan with the onion and garlic. Add the pickling spice and vinegar. Bring the sauce to the boil, then reduce the heat, put a lid on the saucepan and simmer for about 40 minutes until the mushrooms are very soft. Allow to cool a little and puree in a food processor (or sieve through a fine sieve). Return the puree to a clean saucepan and bring once more to the boil. Allow to cool, bottle, seal and label.

MUSTARD SAUCE

- 4 green peppers, seeds removed and chopped
- 2 red peppers similarly prepared
- 250 g (1/2 lb) green tomatoes, roughly chopped
- 4 onions, peeled and chopped
- 8 cups water
- 1 cucumber, peeled and chopped
- 400 g (14 oz) gherkins or pickled cucumbers, chopped
- 2 tbsp salt
- 4 cups white wine vinegar
- 500 g (1 lb) brown sugar
- 2 tbsp mustard seeds
- 2 tbsp flour
- 1/2 tsp turmeric

Place the chopped seeded peppers and the chopped tomatoes

in a bowl, add the water and salt and allow to stand overnight. Next day, strain the vegetables and discard the salty water. (You may like to wash the vegetables to remove excess salt.) Put all the vegetables in a preserving pan, add the vinegar, sugar and mustard seeds and bring to the boil. Place the flour and turmeric in a cup and mix to a paste with a little water. Gradually stir this paste into the vegetable mixture. Simmer the sauce uncovered for 1 1/2 hours or until the sauce thickens. Stir occasionally. Allow to cool slightly then puree in a food processor. Bottle, seal and label.

GRAPE SAUCE WITH CHILLI

This is a sweet spicy sauce.

- 4.5 kg (10 lb) grapes (green seedless are best)
- 1 kg (2 lb) onions
- 500 g (1 lb) white sugar
- 500 g (1 lb) brown sugar
- 3 tbsp salt (coarse salt or sea salt is best)
- 2 tbsp curry powder
- 1 tbsp chilli powder (Mexican chilli is best)
- 2 cups vinegar

Puree the grapes and onions in a food processor and place in a large preserving pan together with all the other ingredients. Bring to the boil, then lower heat and simmer uncovered for about 2 hours or until the sauce thickens, stirring occasionally. Allow to cool slightly, bottle, seal and label.

MINTY GARBAGE

Place mint stems and leaves in your garbage bins to keep unpleasant odours at bay.

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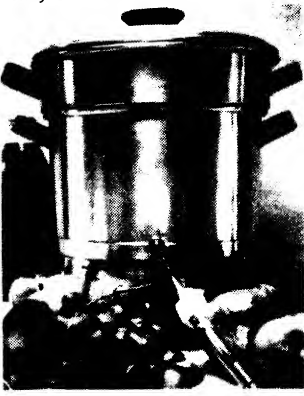
NO DECORING or PEELING of FRUIT is necessary.

Fill water in container 1, place together with juice container 2 on **ANY STOVE OR HOT PLATE.**
Fill basket 3 with approximately 4.5 kg of fruit or vegetables. (Apples, peaches, berries ect. or mix.)
Place basket into juice container 2 and seal with lid 4.
Boil water for 35-70 minutes depending on fruit or vegetables.
A list of 18 fruit types, steaming times and instructions come with the juice extractor. After steaming time open tube clamp 5 on juice container.

Fill your hot washed bottles to the top with the extracted and pasteurized juice. (appr. 2.5 - 3.5 litre depending on fruit or vegetables and ripeness.) Use any juice, milk or other glass bottle with screw lid. Seal bottle immediately after filling so that vacuum seal is created during cooling down period of juice. Now your juice is preserved for a year or longer.

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Attract Native Birds to Your Garden



by Don Roberts.

One of the delights of a garden are the birds that inhabit it. There are many ways to attract native birds to your garden. The most rewarding is to plant Australian native plants, and where possible plants indigenous to the district.

The honeyeater family is a group which are regular visitors to gardens and are attracted by nectar provided by plants such as grevilleas, banksias, correas, callistemons, melaleucas, anigozanthos, eucalyptus, eremophilas, dryandras, angophoras, calothamnus and hakeas. Other species that frequent these nectar-bearing plants are the colourful noisy parrots known as lorikeets. Like the honeyeaters, lorikeets have a brush-tipped tongue to facilitate extraction of nectar from flowers. The rosella does not possess such brushes to its tongue, so it removes the flower to gain access to the nectar.

Insects are an important part of many birds' diets. The small silvereye or whiteye, a common garden bird, preys on insects as well as taking nectar, as also do honeyeaters, resulting in a dual service of pollination and insect control. Species like willie wagtails, grey fantails, and welcome swallows all capture insects, mostly on the wing.

Some birds glean lerps and scale from the foliage of trees and shrubs. These include unobtrusive small species such as the pardalotes and thornbills. The brilliant reds and yellows of the robins add a splash of colour to the garden as they catch insects from or near the ground, by the perch-and-pounce method.

The seeds or fruits of natives such as acacia, melaleuca, casuarina, banksia, and native grasses, attract parrots, cockatoos, doves, pigeons and finches. The parasitic mistletoe which grows on acacias and eucalypts should not be removed unless it is invading the plant; the flowers attract nectar-seeking birds and the fruits bring the mistletoe bird and painted honeyeater.

Artificial foods can be provided, but be careful not to let the birds become dependent on this source, let the supply run out sometimes, so that the birds can find natural foods. Meat scraps are welcomed by kookaburras, magpies and butcher birds. Seed attracts parrots and cockatoos, while many birds enjoy suet hung in an onion bag. If you want to use feeders place them in a position where you can observe the birds at close range either through a window or doorway. Feeders and feeding trays should be elevated, to deter cats and dogs. A solid food mix could consist of equal parts of dripping, honey or sugar, rolled oats, and brose meal or dried ground peas. For a nectar-like liquid, dissolve 450 g (1 lb) brown sugar in 600 ml (1 pint) of water. Feed in small quantities over several days as it may ferment in hot weather. Break the mixture down with one part syrup to two parts of water, refrigerate the balance. Thoroughly clean feeder prior to replenishing the mixture.

Another important consideration is to provide shelter from bad weather and predators such as the brown goshawk, collared sparrowhawk, Australian hobby and the ever present cat. Plants with sharp, spiny or thick foliage provide the best protection, some being hakeas, acacias, grevilleas, leptospermum, and rhagodia. These plants also provide nesting sites for silvereyes, thornbills, and finches, while fairy wrens prefer vertical creepers such as hardenbergia, pandorea, sollya and kennedyia.

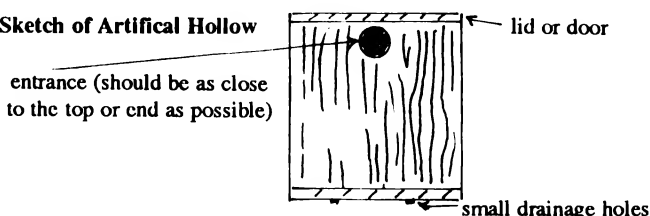
Nest boxes can provide an extra interest to the garden, enabling you to observe the daily routine of nesting birds like

the striated pardalote, rosella, treecreeper, kookaburra, owl nightjar and shrike-thrush. A ledge or tray under the eaves of a building will soon be occupied by a welcome swallow's cup-shaped mud nest. When providing an artificial hollow you have to decide between making a box or using a natural hollow. Do not take natural hollows from the forest or roadside; visit your local woodcutter, or raid a neighbour's wood pile. Apart from the birds listed below you may attract other inhabitants such as the sugar glider, feathertail glider, ringtail and brushtail possums, antechinus and various bat species.

The provision of water is a great way to bring birds to your garden and it can also be sited in a position close to a viewing area of your home. Water can be placed either at ground level in a pool, or elevated on a stand. Some birds like to plunge-bathe while others like to stand in the water, so varying depths should be provided. The birdbath should be at least 200 mm (8 in) in diameter, with depths from 75 mm to 450 mm (3-18 in).

Your garden will become much more interesting if you can provide some or all of the conditions mentioned. You will also have the added advantage of natural control of pest insects, thus avoiding the use of chemicals.

Sketch of Artificial Hollow



Don, please contact us as we have mistaid your address.

Bird	Hollow/Box Size	Entrance Diam.	Type of Hollow/Box
Rosella	40-70cm deep, 12-15cm wide	6-12cm	Vertical
Owlet nightjar	30-70cm deep, 12-18cm wide	6-12cm	Vertical & horizontal
Striated pardalote	30-50cm deep, 8-16cm wide	2.5-3.5cm	H or V
Treecreeper	30-60cm deep, 8-18cm wide	4-8cm	V
Laughing kookaburra	40+cm deep, 15-30cm wide	8-12cm	H
Red-rumped parrot	40+cm deep, 10-15cm wide	5-10cm	H
Grey shrike-thrush	15-20cm sq, 20-30cm deep	15cm	Open-fronted, out of light.
Chestnut-rumped thornbill	30-40cm deep, 8-16cm wide	2.5-3.5cm	V or H
Galah	60+cm deep, 20-25cm wide	12cm	V
Lorikeet	50-60cm deep, 12-15cm wide	6-10cm	H
Sacred kingfisher	40-60cm deep, 13-15cm wide	7-10cm	H
Grey teal	45+cm deep, 20-30cm wide	8-10cm	V or H
Chestnut teal	45+cm deep, 20-30cm wide	8-10cm	V or H
Black duck	45+cm deep, 20-30cm wide	12cm	V or H

THE THERMA-JIG

HOT TODAY AND COOL TOMORROW

By Cheryl Steyne, Malanda, Qld.

'You can cook with it?', is the stunned response of most who first encounter my creation, the 'Therma-Jig'. 'I thought you sat on it', they laugh to their mates. Of course the old-timers are not so cynical, a similar concept, the Hay Box, was around in their day, and some still use blankets to finish cooking their tea. Years ago serfs buried their boiling pot of stroganoff in the straw of the animal byre so it could continue cooking while they laboured the day in the fields. But it's a 'plug'er in a switch'er on and worry about the cost later' world now, and it's hard work convincing the masses you're not a total whacko, while you endeavour to prove your claims.

As to looking like something you sit on, well the sceptics did get the shape right, as the larger sizes do resemble lounge pouffes, albeit hollow ones, and that hollow, covered by a special cushion, is where it all happens. Just place in that saucepan of pot roast that's been boiling for about 15 minutes and the Therma-Jig will do the rest and in not much extra cooking time either. If you're going shopping put those 'melt in your car' perishables in the Therma-Jig and take your time. Many hours later those perishables will still be as cold as when you took them off the supermarket shelf. Or if you're going on a long trip pop your frozen foodstuffs in a Therma-Jig, and 72 hours later the chances are they'll still be in that frozen state, without having needed blocks of melting ice.

Of course if you use a Therma-Jig as a cooking aid it doesn't mean you have to have a pot roast dinner every night. If you can cook it, you can Therma-Jig it. Why would you want to use a Therma-Jig? Because by saving cooking time on your direct heat source, you're saving precious resources and money, and the same reasoning applies to the cold or frozen items you've just placed in the fridge/freezer, whose motors are going to

heave a sigh of relief and have a bit of rest. For those of us who think scrubbing saucepans is a chore, not only can you let the tea finish cooking itself without burning or boiling dry, but cleaning takes just a quick wipe. When out with the family a lightweight Therma-Jig is the thing to dive into for a drink or snack for the thirsty and starving.

Dr Martin Gellender of the Department of Resource Industries Energy Centre in Brisbane has evaluated the Therma-Jig (Patent No 612424) with positive results, and thought highly enough of it to have it on display in their Energy Information Centre. They were particularly impressed with the use of recycled insulation materials and that they're made using a treadle sewing machine. For insulation old bean bag beads and mulched polystyrene are used. Any of you who live up north can contact me if you've a bean bag about to take a one-way trip to the dump and I'll gladly take it off your hands and cross your palm with silver.

The Therma-Jig now comes in four sizes, the largest, the maxi, will hold up to a 5 litre pot for a cost of \$40; the midi will hold up to a 3 litre saucepan for \$30; the mini will take up to a 2 litre pan for \$22.50 and finally the small will hold up to a 1 litre pot for \$15 and is ideal as a lunch/baby's bottle bag. The colour choice in Therma-Jigs is endless, patchwork, floral stripes etc (no two are the same). For boaties you'll be glad to hear your tucker won't sink to the bottom of the drink in a Therma-Jig if your boat springs a leak, and will double up as a flotation aid if desperate measures are called for. To wash just gently scrub in the tub, then spin and hang out on the line.

For more information or mail order (\$5 p&p for maxi and midi sizes; \$3 p&p for mini and small sizes; allow 10 days for delivery) contact Cheryl Steyne, PO Box 309, Malanda 4885. Ph: 070-968-231.



Therma-Jigs in a variety of colours, designs and sizes can keep your food and drinks hot or cool or be used as a cooking aid.

LEY FARMING ON THE CENTRAL DOWNS

by Jeffrey D Hodges B Sc (AES), Toowoomba, Qld.

It can be very hot and dry out west on the Warrego Highway from Toowoomba into the central Darling Downs. At the end of January it must be close to 40°C. The country is mostly taken up with grain farms, sown predominantly to sorghum at that time of the year. The land was very dry and scorched looking with the sorghum only about two-thirds its normal height – there hadn't been any decent rain in these parts for nearly six months. My destination was Hereward, a 2100 acre mixed farm fifteen minutes south-west of Dalby run by Bernie von Pein. Bernie's family have farmed this property successfully since 1937 through drought, and especially flood. The Condamine River meanders slyly along next to the property and at the moment you'd be lucky to get anyone to even call it a creek, but swollen with a few weeks' rain, it can break its banks to flood a good portion of Hereward.

Despite this, Bernie's father, and now Bernie and his son Doug, by following a unique system of ley farming which they have adapted to suit the central Downs, are among the most successful farmers in the region. Their yields per acre are one and a quarter tonnes on average, and the wheat they grow is full, high in protein, and a rich golden colour. This success has led to Bernie being invited regularly to lecture to visiting students from numerous agricultural colleges and universities and even the Queensland Department of Primary Industries, has sat up and taken notice!

The important thing is that Bernie doesn't rely on artificial fertilisers and chemical pesticides for his success. How does he do it? What is ley farming? Bernie's philosophy is to look after your soil and your pocket will be looked after. It's not how much money can be got out of a paddock that's important, it's how to replace the humus, nitrogen, and other important soil organisms, and rebuild the structure of the soil. According to Bernie, the modern farmer has lost his way because he has been led to believe he needs to add chemicals to the soil to increase its productivity, not realising the availability of pasture legumes and the role of the animal in rebuilding soil fertility cheaply and effectively. He suggests that farmers are foolish to outlay so much money on fertilisers and pesticides on their crop before they have even harvested it. Having less money invested in big machinery, and using a ley farming system for renewing soil fertility, means you have more money available to take advantage of opportunities which may arise, (for example, to purchase stock at a good price), instead of having to borrow money at high rates of interest for chemical fertilisers and pesticides which you don't need anyway.

Technically, ley farming is 'an integrated system of cereal and livestock production based on growing annual legume pastures between cereal crops, and results in increased soil nitrogen levels, a marked reduction in fallow, and a large increase in forage production.' (South Australian Department of Agriculture and Fisheries, Special Bulletin No 20.75).

Specifically, ley farming systems are purported to:

- increase soil fertility and farm stability,
- improve the soil structure,
- increase forage production,
- lengthen the grazing season of a paddock,

- give increased cereal crop yields.

So, how does it all work in practice? Firstly, it's important to recognise the importance of the animal in the ley farm system. Stock play a vital part. The importance of the animal in a healthy farm system is often underestimated by most farmers. And it's not just for the manure. The micro-organisms in the animal's gut are compatible with the micro-organisms in the soil and play a vital part in soil reconstruction. The animals are a bit like a safety valve for the system. It is necessary to have the correct numbers of animals in a paddock at the right time, so the weeds aren't allowed to set their seeds – sheep and goats in particular are very good for eradicating edible weeds from a paddock. The animals' hooves trampling the soil also help to break up the surface, allowing rainwater to percolate down to deeper levels of the soil, instead of evaporating, or washing away. But the most important role of the animal is its high profitability to the farmer. Instead of using expensive chemical fertilisers, weedicides, or machinery (a cost to the farmer), you are using the animals to do just the same tasks and they actually become a profit for you when sold at market. Having a permanent herd on your property means that you always have some sort of income coming in, be it wool, lambs, mutton, and so on, and this gives you the money in the bank to take advantage of profitable opportunities when they arise.

For this reason, it is necessary to fence the farm into a number of paddocks. Hereward has 32 such paddocks and the ley farming system requires that these be sown to different crops, or run as pasture, according to a particular rotation system. This does mean some extra costs and labour involved in fencing, but with the introduction of electrified fences, these costs are not prohibitive and far cheaper than chemical fertilisers and pesticides.

Bernie rotates his paddocks with cereal crops such as wheat, rye, barley, canary and oats, and the legume snail medic, in winter paddocks; and during summer, crops such as sorghum, mung beans, millet, and forage sorghum and dolicos lab lab for fodder. He follows roughly the rotation order shown below, however in all these rotations one naturally has to adapt to prevailing weather patterns, but the goal is to always return to a legume-stock ley farming system.

PADDOCK ROTATION

Plough and fallow the paddock through the summer months to control weeds and build soil moisture. Weeds are allowed to grow only a few inches high before being turned in as a green manure. Around mid-May/early June, plant wheat and under-sow with snail medic (a legume of the clover family), unless this has already been established in the paddock. The medics grow up underneath the wheat crop, becoming very vigorous in the spring. There is no cultivation during the growing season, but the paddock is closely watched for noxious weeds which are hoed or hand pulled. In the event of weeds being too numerous, the paddock is turned to pasture grazing.

The wheat crop is harvested in early November and sheep allowed to graze on the stubble and dry medic stand for three to four weeks. This stubble is then burned around mid to late December. Bernie believes that fire is a natural occurrence and

can be beneficial if used correctly. A fire twice in every five years cleanses the paddock of disease fungi and bacteria and helps to control noxious weeds and the resulting ash acts as a soil softener. However this should not be done every year, as it is important to keep some stubbles to provide essential organic matter for the soil and to help reduce erosion.

Second Year

A 'bunyip slipper imp' tyne plough is then used to aerate and fluff the soil (this particular plough doesn't turn the soil) and the paddock is fallowed as in the previous summer, in preparation for winter rye. It's very important not to cultivate the soil until after the first summer storm rains have fallen, as the moisture and natural seasonal increase in microbial activity in the soil makes the soil much softer, thus reducing fuel costs for ploughing, and also allows these rains to percolate down the cracks in the surface into the deeper soil layers.

As in the previous year, the crop (this time winter rye) is sown, and again the established medics grow up underneath. After harvesting, sheep are again grazed on the paddock for three or four weeks.

Third Year

The same summer preparation occurs as previously, leading up to a winter crop of canary. After harvesting in late spring, the canary paddock either:

- is burned and then sown to a mung bean crop in December, or
- direct drilled into the stubble with dolicos lab lab around mid-November.

Fourth Year

The mung bean crop is harvested about the end of March, after which stock are grazed on the stubble until early May. After the winter rains, about early May, the established medics in the paddock again germinate and are allowed to grow for six weeks or so, and then grazed. The paddock is given three quick cultivations and again sown to mung beans in December.

The dolicos crop is allowed to grow until early February, at which time it is put to stock. Fifty acres of dolicos can fatten 1000 sheep in just six weeks. After the initial stocking the dolicos is allowed to regrow and it can restock another 300-400 sheep per 50 acres before the first winter frosts.

If the paddock has sufficient nitrogen, then it is fallowed over winter and sown to sorghum or millet in the spring. If not, the established medics are allowed to grow and then stocked until late spring, after which it is cultivated and fallowed over summer, ready to go back to wheat in the winter. Wheat needs a high protein content and for this reason is always the first crop planted after regenerating the paddock with the medics.

Fifth Year

After harvesting the mung beans in early autumn, the paddock is fallowed over winter and planted to sorghum or millet the following spring. The sorghum or millet is harvested in March, after which stock are grazed on the stubble until the winter rains set in, usually in May, then the established medics are allowed to grow. Grazing is then recommenced in August through to the end of November. Then return to same crops as in first year, and repeat rotations.

EROSION CONTROL

Erosion is a big problem on the Darling Downs, so it's important to take steps to minimise soil loss on the farm, particularly in flood prone paddocks. One method for reducing

such erosion is to have different paddocks sown to a variety of crops at different times to prevent any runoff water having any great expanse over which to run. This also means a continuous food supply for the permanent herd over the year. Hill country should not be farmed, but left to stock pastures. Only the flats of properties should be cultivated.

The same is true for the flood prone paddocks of Hereward – they are left as grass pasture, with numerous trees and small clumps (five or ten acres), of thick natural scrub. These are an important resource for Bernie's farm, for they are a haven for birds and other natural insect predators.

NO PESTS

There are no 'pests' – we create the pests. Nothing is a great problem here because the soil is healthy and the natural predators usually deal with any problems. Even if there is some damage to a crop from insect attack, what is left usually produces a bountiful harvest and the loss is negligible. Compare that to the farmer who puts no thought into the reconstruction of his soil and has to outlay money for chemical fertilisers and pesticides. The very reason why his crops are so susceptible to major attack is because his plants' natural resistance is low because the soil is unhealthy. And the reason it is so unhealthy is because all the chemicals he is using are killing off all the important soil organisms involved in regenerating and keeping the soil in top condition.

A BETTER WAY

Using the legumes and animals of a ley farming system is far superior to normal farming methods, because measurements have shown that an average stand of medics can increase soil nitrogen by at least 60-70 kg per hectare in one season. That's the equivalent of about 300 kg of sulphate of ammonia – and it doesn't cost you a cent! On top of this, because the medics are established in the paddock, as soon as it rains the seeds quickly germinate and grow, whereas in normal farming the farmer has to wait until the soil dries out enough to sow and then the plants must become established on subsequent rains. In the case of the established medics, this happens in the first instance, allowing the farmer to maximise any rain that falls. Further, the medics help to crack the soil surface and allow storm rains to penetrate into the depths of the soil instead of evaporating or running off, causing erosion.

Still, in these hard economic times and changing weather patterns, the bottom line is the dollar – and Bernie believes his system has got to be the way to go for the future of farming in this country. He grows crops better than the fellows who use artificial fertilisers and pesticides and because there are no expensive inputs, he makes money at every point along the way. With Bernie von Pein and other ecologically minded farmers like him slowly surfacing to lead the way in our rural industries, perhaps there is hope after all for our hard pressed and long persecuted agricultural lands.

Jeffrey Hodges is the author of the book *Natural Gardening and Farming in Australia*, published by Viking O'Neil, RRP \$30, available from all good book stores.

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HAPPINESS IS OWNING A FOOD DEHYDRATOR

by Sylke Rees, Railton, Tas.

The drying of food is one of the oldest methods of food preservation known. Food was dried in the sun and stored away for winter. These days, with our busy lifestyles, unpredictable weather and concern for hygiene, the most effective way to dry foods is by using a dehydrator. And because you can't over dehydrate food, most of the nutritional value is maintained. Interestingly, you can take a dehydrated tomato seed, plant it and it will sprout and grow.

Food is very easy to prepare, simply wash and slice; no chemicals or preservatives are required. It can also be blended to a puree and dried as leather. The most important requirement of food is *taste*. This was the most appealing and refreshing aspect of dehydrated food. Kids just love eating dried fruits and I can tell you that little surpasses the taste of dried tomato.

I purchased my Nara Dehydrator after seeing it advertised in *Grass Roots* and assessing other dehydrators on the market. It was the only Australian made dehydrator available and the design was simple and very efficient. The efficiency became evident when I compared the running costs of the Nara at about one cent an hour to the others at around five cents an hour. This cost difference would really add up over time. As well I liked the look of it best. The unit has six trays, each measuring 32 x 31 cm (12 x 12 in) and can hold about 3 to 4 kg of produce at one time. The initial cost of my dehydrator was \$295 and it has easily paid for itself in the first twelve months. Last season I dried about 80 kg of tomatoes alone. Many of these, once dried, were ground to a powder in my food processor. I have found that I use the powder almost daily, straight as a seasoning, or by adding water if I need paste or sauce. The saving on these alone over a year has been substantial.

I have also had great success with apples, pears, peas, beans, beef jerky, kiwi fruit, apricots, peaches, herbs, mango, bananas, fruit leathers of all sorts, onion and garlic powder and much, much more. It is a terrific feeling to look at the full containers on my shelves and know that we will eat well in the future. All these foods can be reconstituted or eaten dry. For instance if I wish to bake an apple pie I simply place the required amount of dehydrated slices in a bowl (remembering that they will expand to 3 or 4 times their dry volume), add a little warm water and leave to soak for 1/2-1 hour. Then they are ready to use in the normal way. My machine is in use almost daily, for if I am not dehydrating, I am using it to set yoghurt and cottage cheese or as a great place for my homemade bread to rise. The temperature is ideal for yeast and I have found that my bread is lighter than ever before. To date I haven't come across anything that wasn't successful. Home dried fruits may not have the same appearance as their commercial counterparts, but the majority of these have been treated in order to preserve colour and speed up the drying process.

The work involved in preparation of foods couldn't be simpler. You wash the food and then slice or halve it, place it on the trays and switch the unit on. Nothing is added in the way of preservatives. Most foods take around ten to twelve hours to dry, depending on moisture content and thickness. Plum halves take considerably longer, up to 30 hours or more. Once you have dried a couple of loads it becomes fairly simple to tell when something is dry enough for storage. Basically, you



Sylke, baby Christopher and Sophia the dog check on progress in the dehydrator.

should be able to squeeze it without pockets of moisture showing up. If unsure, it is always best to leave it a while longer. Remember, the unit is thermostatically controlled and you set the dial at between 45°C and 50°C which ensures that the temperature never gets hot enough to cook the food.

For storage, any glass or plastic container with an airtight lid is perfect and brown paper bags also work well. The containers, once filled, need to be stored away from light and moisture. I have found that one of the best places is in a cardboard box under the bed! Food dehydration is a great money saver as opposed to freezing as once dried there are no ongoing storage costs. If stored properly you can be sure your produce will stay in perfect condition for many years.

The unit doesn't generate much heat and therefore no hot air is released into the kitchen in summer. You will, however, find that tantalising aromas will waft throughout your kitchen and entice young and old fingers to snack from food not quite ready. In fact one of the hardest chores is to dry enough for storage as most food tends to be eaten straight away. As far as leaving the machine on constantly, I have run it for weeks at a time without switching it off for a rest and have found that it copes wonderfully. This is particularly important when using the unit to incubate eggs. To use as an incubator, simply turn down the thermostat to about 37.5°-38°C and place a bowl of water in the bottom. Be sure to keep it topped up, as moisture levels need to be maintained for humidity. The eggs will require turning at least three times a day and I gave my duck eggs a fine spray of water with each turn for added moisture. Except for power failures (it happened once), all should go well.

SAVING GRACES

by John Armstrong, The Gap, Qld.

How to have teenagers save money has been a dilemma for my wife and I. We grew up in a more frugal society where saving and thrift were part of the 'Anglo-Saxon Australia after the second world war' tradition. We were children of the fifties and sixties growing up without television and its continual bombardment of 'must have' advertisements. Our frustrations in this regard are shared by many parents. Luckily, if belatedly, we have found the answer.

As soon as our two sons started school we enrolled them in a weekly banking scheme to develop a savings philosophy for the important things in life. Hopefully the boys would gain satisfaction from increasing weekly deposits and especially from bank interest for 'lending the bank your money'. All went well during their primary school years. Balances grew. Parents and grandparents even contributed additional deposits for birthdays and at Christmas time to encourage thrift. Now at secondary school the boys do not have access to a weekly, school banking scheme and if they did the money to be banked would not be able to pass the school tuck shop and junk food. Weekly pocket money was still doled out but none banked. We tried different weekdays to dispense our largesse in the vain hope that on a regular basis, some would reach their bank accounts. To no avail. Dispensed Monday, spent Tuesday!

We give our grade ten son \$10 a week and our grade eight son \$7.50 a week pocket money for all entertainment, gifts etc. To earn this pocket money the boys *must* do daily chores to our satisfaction. This causes no real problem, but putting a little aside in the bank each week for a rainy day resulted in severe drought conditions in their teenage bank accounts. To be fair, both boys have still retained all their primary school savings by having their mother keep their old account books in her dressing table draw. It's the lack of teenage motivation to save. The 'must have it all now' generation that alarms us as parents. We would not place a portion of the boys' weekly pocket money in their bank accounts ourselves as it was inconvenient for us to trudge along to the nearest bank each week. Of course this is precisely the reason the boys also avoided weekly banking. Besides, the banks are only open when the boys are at school.

For a couple of years our elder son had been pestering us for a plastic keycard account. Peer pressure of course, 'All my friends have one and their parents put in squillions of dollars each month!' To a teenager these plastic money trees appeared irresistible and of course, we were made out to be the poorest parents on the land (which I am rapidly starting to believe myself). We both have misgivings about these 'instant' wealth providers, believing them to be a big business invention to wave away your problems with a four digit pin number. Mind you, my wife and I both have bankcards. Used wisely and paid before the due date, they have saved us from financial catastrophe on a number of occasions. Finally we relented, read the relevant literature and arranged a keycard for each of the boys. Your children will need to produce a birth certificate, tax file number, if they have one, and sign all forms themselves. We now pay the boys' pocket money in monthly – in advance – into their keycard bank accounts.

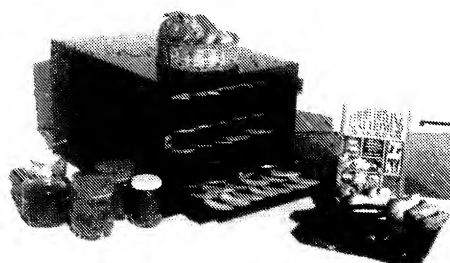
For the first month I must admit we waited with bated breath for fiscal failure, a blowout in the budget, as funds can only be withdrawn in \$5 multiples. Our elder and greater spendthrift son promptly forgot his pin access number, rendering his account inoperable until he could get to the bank to explain his predicament. Once again banks' limited opening hours came to our rescue, so his pocket money smouldered in the bank vaults and not in his pocket just waiting to be spent. While interest rates are currently at two percent the boys can hardly expect windfall dividends but the old adage, 'out of sight out of mind', certainly holds true for their expanding accounts. The boys are again watching their savings grow through the automatic money machine's balance statements and a detailed balance sheet mailed home each quarter. No need to worry about transaction fees. The first seven transactions per month are free. Additional transactions cost 35 cents each but this is not a problem as the boys only transact two or three times a month to finance a foray into town. Keycard accounts do not attract an accounting fee for minors.

To obtain almost any job these days it's obligatory to have a keycard account into which wages are paid direct. No keycard, no identification, no job. (Who says big brother isn't watching?) Thank you keycard, thank you big business, our sons do have some saving graces after all.

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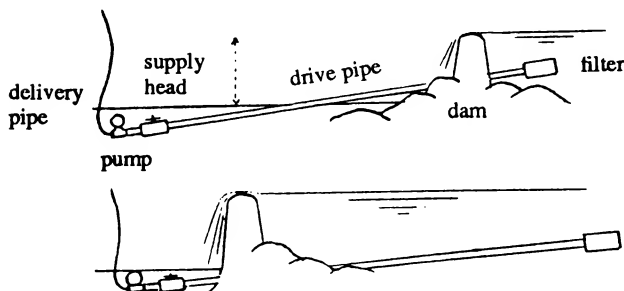
The Platypus Pump

by Iain Mathewson, Mackay, Qld.

I have spent much time over the past seven years developing this pump which should prove useful in Third World countries as well as in the higher rainfall areas of Australia. It has two main advantages over the conventional hydraulic ram: it is much more efficient and it is much cheaper. In fact, it can be assembled in eight hours by anyone with an electric drill, a hacksaw and a rasp. Unfortunately I don't have the time to produce these pumps in any quantity, but if there is sufficient demand I would produce a kit of parts for the purpose. The platypus pump is a novel form of the 200 year old hydraulic ram gravity pump. The hydraulic ram is a unique but little known machine for raising water without external power source; water is made to do work on itself under the influence of gravity. The only requirement is a permanently flowing stream.

The conventional ram requires a supply head or fall of at least two metres (6.5 ft), but owing to its greatly improved efficiency the platypus pump will operate on falls of 0.5 to 1 metre (1.5 to 3 ft). It will raise water to 160 times the supply head. The conventional ram will raise water to between 10 and 40 times the supply head. A low concrete dam will create the required fall and the drive pipe is cemented into the dam – this is the only anchorage required (see fig 1). The drive pipe is a six metre (20 ft) length galvanised steel or PVC pressure pipe of diameter 80 mm (3 in).

Figure 1
Alternative methods of setting up the pump.




Four sources of inefficiency have been identified in the conventional ram and rectified in the platypus pump. The result is that a scaled down platypus pump designed to connect to a 50 mm (2 in) drive pipe delivered nearly five times more water than a new conventional ram using the same drive pipe and the same fall. The platypus pump can be assembled in a weekend by modifying readily available parts intended for other purposes. The total cost is considerably less than that of a conventional 80 mm (3 in) ram.

Water flows down the drive pipe and escapes through the exhaust valve of the pump (see fig 2). The speed of flow down the drive pipe increases until it is sufficient to slam shut the exhaust valve. This creates a water hammer pressure wave which forces a jet of water through the nonreturn valve and up the delivery pipe. The exhaust valve then falls open again and the cycle is repeated. The force of the water hammer is cushioned by a volume of captive air separated from the water by a rubber diaphragm. The air space is packed with sorbo-rubber which further increases the efficiency.

The platypus pump is designed to operate under water, hence its name. It will however also operate on dry land at the stream side, or floating (with a PVC drive pipe). Submerging the pump allows maximisation of a low supply head, muffles the sound and keeps the pump out of harm's way in times of flood. The conventional ram cannot operate underwater and is too heavy to float.

Readers interested in knowing more about the platypus pump can contact Iain Mathewson, 23 Wellington street, Mackay 4740.

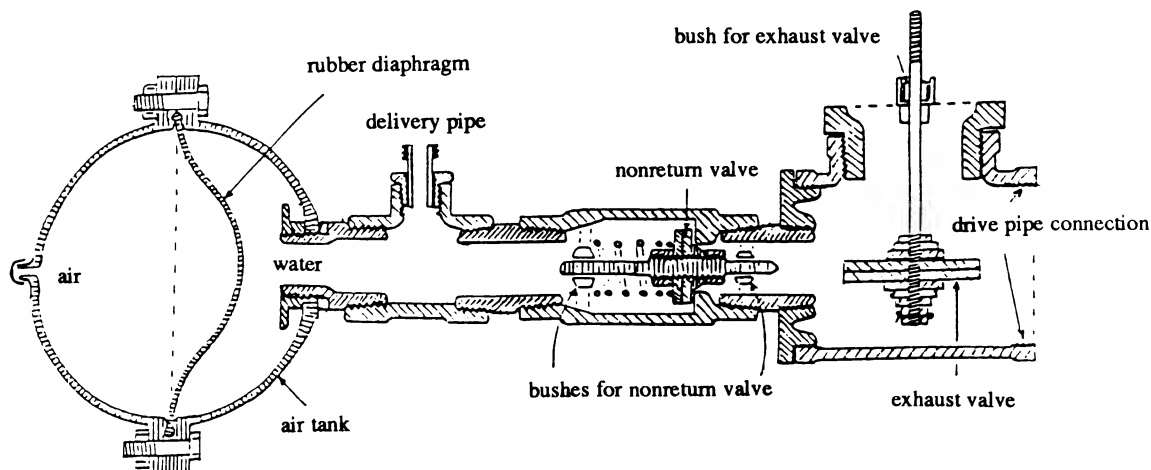


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Figure 2
The air tank and delivery pipe can be transposed without affecting performance.



Can You Change the School Environment?

by Cheryl & Rashelle Beasley, Karalee, Qld.

Our children are the ones who are growing up in a world that needs ongoing care. Theirs are the minds that need to be educated on how this world survives and how we depend on its survival. Children are being educated through television about the earth's problems and schools are teaching them more and more each week. The way children learn most is by seeing theories put into action and the positive results that follow. Adults have the responsibility of guiding them in the right direction. So what is the right direction?

Nature needs to become a regular part of schooling. This can be achieved by surrounding the children with nature and letting them discover it in their own time. Trees and shrubs that are native to the area can be mass planted in the school grounds. This will also benefit the children against skin cancers in the future. Situate most seating in the shade of trees and consider holding outdoor classes amongst them. Different species of trees and shrubs can be labelled so that the children become familiar with the native plants of the area, they can also be labelled with the names of the birds, insects and butterflies they attract.

Wildlife too like lizards and frogs can be encouraged into the school grounds. Lizards need shallow water so small drinking bowls will encourage them while small ponds, safely constructed, will attract frogs and tiny marsupials.

Nature trails should be incorporated if possible in schools and the learning process encouraged during these trails. All schools have the room to plant more trees! Concrete can be dug up and a day organised so the children do all the planting. Siting deciduous trees close to the classrooms will cut down on cooling and heating costs and the use of fossil fuels. Solar and wind power can be incorporated into new and existing schools so that children can become accustomed to the possibilities of power alternatives.

Recycling bins that are labelled should be available near the tuckshop and other areas of the playground. Schools can collect wastepaper, glass and aluminium to sell or supply to recyclers or community groups. The whole school community can become involved in recycling. Schools should deal directly with recyclers if private collectors are unable to help. Recycling should also be encouraged within the classroom itself. Food scraps can be discarded into special bins and turned into compost for the gardens.

Schools have the chance to use recycled paper for all correspondence. Ruled books should be made from 100 percent recycled paper and if all schools demanded future literature on recycled paper then the manufacturers will genuinely consider it. The children would grow up with recycled paper products and hopefully continue this out of school.

No chemical spraying should go on in school grounds! Our children are attending these schools for most of their young lives. Their environment should be as healthy as possible. We all know that chemical spraying is hazardous to our health so it should not take place around children or where they play. If

your school sprays for weeds and insects it should be discouraged immediately. Get the children to weed the garden for fifteen minutes a week. Conduct working bees on weekends so that the parents can become involved. Tell them why it has to be organised.

Log seats that have been smoothed down are ideal for the school grounds. Old railway sleepers can be sanded to make sturdy seats and tables that will last for ages. The Department of Railways can be contacted to find out where you can obtain old sleepers. Creating a natural environment for the children will encourage them to take care of the environment outside the school grounds. We need to teach them how basic and easy caring for the environment really is.

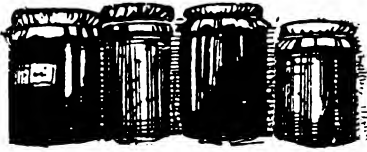
Each class could possibly plant a fruit tree or two near their classroom. Each member of the class can contribute care and attention to the trees and keep track of how they grow and what attacks them throughout the year. Organic solutions can be discussed and then the next class, the following year, can carry on where the previous class left off. Fruit can be sampled when it is time and the learning process will again carry on.

Outdoor classrooms should be established in schools. An area that stimulates the hearing and sight can make learning very enjoyable. One session per week would surely make children enlightened. A shade area would be ideal.

It is important watering systems that conserve water be installed throughout the school grounds. Water is of course a precious commodity. Perhaps approach the local council and ask if the school can erect a water tank or two for each toilet facility. Signs can be erected stating that the children are using tank water and to save it where possible. Supply biodegradable soap and of course unbleached toilet paper. Cleaners can be told about the new school environment and supplied with earth friendly cleaning products. Only a small inconvenience for them, but a big difference for the drainage system.

To get children really involved in the school environment they could elect a committee to check ideas and keep tabs on environmental issues concerning the school and the local community. If any community issues arise that the school feels strongly about then they could organise a letter to be sent to the body concerned and have a meeting to discuss ways to solve the problem. This not only develops the imagination but also stimulates children in discussions and debates. A central ideas box could be erected in each classroom for those who want to express concern without speaking out right away. This box could be looked at weekly and discussed further.

As you can see there many ideas that can be applied to schools concerning the environment. Any positive step is a step in the right direction and the children can all become involved in a topic that will concern them for the rest of their lives. They will be stimulated, excited, aware and concerned for their own future. If we can do this for them then we are on the road to a healthier and happier world, for all of us!



JAM MAKING

by Rosetta Berry, Park Orchards, Vic.



Many articles written about jam making give little detail but assure you that if you follow the recipe, 'It's easy!'. After 20 years of jam making I'm convinced it's not easy. It is fiddly, hot work, especially as most fruits you will want to use ripen during the hottest part of the year (in the southern states anyway) and the jam needs to boil rapidly in order to reach setting point. I always think of those sturdy pioneer women who made their jams outside over the open fire in the heat of summer. How they must have suffered in their long skirts. However, there is nothing quite like the taste of homemade fruity jam on the breakfast toast during the gloomy winter months. Small, attractively presented jars of jam also make much appreciated gifts for many occasions. Yes, I know jam contains the dreaded *sugar*, but we don't eat that much of it and a small amount will do most people no harm. If you need to make sugarless jams for health reasons see my article in GR 83.

BASIC PRINCIPLES

For jam to set it requires pectin, a gum-like substance found in the fruit, and acid to draw the pectin into solution. Fruit should be as fresh as possible and under-ripe for highest pectin content. I find that a mixture of ripe and under-ripe fruit usually gives good results. Avoid buying quantities of squashy, bruised and over-ripe fruit which is often erroneously marketed as suitable for jam making. Most books recommend to cook no more than two kilograms of fruit at one time for best results, but I often do three kilogram quantities with no problems. Choose fruit or fruit combinations with good pectin and acid balance (more on this later). Recipes are designed with this in mind so follow instructions carefully.

Cooking Time

Cooking time needed to soften the fruit and draw out the juices will vary. Berry fruits, for example, will already be soft and require minimal cooking time with little if any water added, while such fruits as plums, black currants and gooseberries need some water added and long, slow cooking time to tenderise them. This may also vary with the degree of ripeness and the season. If it has been an exceptionally wet or dry season the amount of water in the recipe may need to be adjusted. This preliminary boiling also extracts the pectin. Stir constantly during this cooking stage.

Adding sugar

Only add the sugar, which should have been previously warmed in a roasting dish in a just warm oven (about 100°C), when the fruit and skins are thoroughly softened as sugar has a toughening effect when added too early. Make sure all the sugar is dissolved before the mixture returns to the boil as crystallisation may otherwise occur. Stir constantly while dissolving sugar. Once the sugar has been dissolved rapid boiling takes place until setting point is reached. Give an occasional stir at this stage, especially if the mixture is threatening to boil over the top of the pan. Watch constantly as boilovers are messy!

Jars

Jars should be clean, dry and warm. I always collect and wash the jars first, let them drain while I wash the fruit and then place them in a warm oven, along with the sugar, with the door

slightly ajar while the fruit is cooking.

Equipment

Although some books recommend many items of specialist equipment, most kitchens will already contain all you need. Apart from a large preserving pan (and on one occasion some cellophane covers) I have never bought any special jam making equipment. A large heavy pan, deep enough to enable fast boiling without jam boiling over, is essential. Fruit should not be too deep in the pan as it does bubble up a surprising amount, so don't think you can be economical and save time by making a double batch until you know your pan will cope with it.

A wooden spoon for stirring is necessary. Try to find one with a long handle as splashes on the stirring hand are *hot*: for this reason I wear a rubber glove while stirring. Special skimming spoons are available, but I find an ordinary tablespoon is adequate for this job. Scales and a measuring jug for weighing fruit and sugar and measuring water quantity will be found in most kitchens. Jam funnels are available, but I use my Tupperware measuring jug for pouring jam into jars. Once again, I always wear rubber gloves for this job.

Save your used jam, pickle and coffee jars for re-use. Always keep any jars which are an interesting shape as they make great gifts when filled with homemade jam. Small jars are best so that once opened the contents are quickly used. Many people use special jam covers but I have found that cleaned plastic or metal screw-on lids are perfectly adequate.

FRUIT

Preparation

Choose fruit that is slightly under-ripe, firm and undamaged. If you have your own trees you can pick the fruit when you, and it, are ready. When buying fruit choose it carefully, good quality fruit is essential for good quality jam. If you live in an orcharding area you can often buy fruit by the box at a very reasonable price, however do pick it over thoroughly. Wash fruit in several changes of water, I do this in the kitchen sink. Strawberries and raspberries need to be hulled, plums and apricots are cut in half and the stones removed and larger fruits are quartered or sliced and cored. Remove blemishes as you work and place prepared and weighed fruit into the required amount of water in the preserving pan. Some books recommend extracting a few kernels, blanching, peeling and chopping them and adding them to the jam for extra flavour. I've never found this to be worth the effort

Adding Pectin/Acid

The acid and pectin content of fruits will vary. A reliable recipe allows for this in its list of ingredients. Often a low acid/pectin fruit such as raspberries will be combined with a high pectin fruit such as plums.

High pectin fruits: citrus fruits (oranges, lemons, grapefruits etc), cooking apples, crab apples, cranberries, damsons, gooseberries, plums and quinces.

Medium pectin fruits: apricots, blackberries, greengages, loganberries and raspberries.

Low pectin fruits: cherries, figs, grapes, marrows, pears, pineapple, rhubarb and strawberries.

You can make successful jam from low pectin fruits, but pectin must be added in some form.

- Mix a low pectin and a high pectin fruit.
- Add a pectin stock made from apples, gooseberries or red currants. I have never done this as it sounds too tedious to be bothered with.
- Add commercially prepared pectin powder or liquid.
- Add lemon juice (which contains both pectin and acid) or citric acid.

I find lemon juice to be most satisfactory as it also imparts a fresh citrus tang. Use two tablespoons of lemon juice to two kilograms of fruit. One book I researched said that the fruit must be softened before adding pectin and sugar, while another said to add pectin to the fruit before cooking. I add lemon juice before cooking, as I think this is the logical time if you are going to draw any pectin out of the fruit during the simmering. Commercial pectin, which I have never used, should have instructions on the container. However, the safest way to be sure of a good set is to follow a reliable recipe. Once you have made a few batches you will be confident enough to adapt and devise your own recipes according to the fruits available.

Pectin Test

The pectin content of fruit can be measured in the following way: Simmer a little of the fruit until it softens and the juice runs out. Strain off one teaspoon of the juice into a small container. When cool add three teaspoons of methylated spirits. Shake and leave for two minutes. If a large jelly-like clot forms the fruit is high in pectin. If it forms into two or three lumps the pectin content is medium. If it breaks into small pieces the pectin content is low.

Pectin Stock

If you have the time and enjoy fiddling in the kitchen you may like to make pectin stock. Apple juice sounds easy to use, especially if you have your own tree(s). Cut up washed cooking apples, windfalls are fine if you remove blemishes, leaving cores and skins. Put in a preserving pan and just cover with water (about one litre water to each kilogram apples). Simmer gently for one hour and strain. If the juice is to be kept it must be sterilised by the method used for bottling fruit juices. (See what I mean about fiddling in the kitchen?) Red currants and gooseberries can be used in the same way if you have these fruits available. Use 150 ml (5 fl oz) pectin stock to 2 kg (4 lb) fruit.

SUGAR

Ordinary granulated white sugar is the best to use for economy and good colour. Brown sugar gives a dark colour and is usually more expensive, but can be used in dark coloured jams if you prefer it. The amount of sugar needed to give a good set will vary with the pectin content of the fruit, it should generally be about 60 percent of the final weight of the jam. Always follow the weights given in recipes accurately as too much sugar may cause the jam to crystallise and too little may result in a runny jam which will not keep well. The following will serve as an approximate guide:

- High pectin fruits – 575-675 g (1¼-1½ lb) sugar to 450 g (1 lb) fruit.
- Medium pectin fruits – 450 g (1 lb) sugar to 450 g (1 lb) fruit.
- Low pectin fruits – 350 g (12 oz) sugar to 450 g (1 lb) fruit.

STEP-BY-STEP

This is the procedure I follow. After a few seasons it becomes a jam making routine.

- Collect and wash jars and lids, leave to drain.
- Rub butter or glycerine on the bottom of the pan to prevent sticking and scum formation.
- Wash and prepare fruit.
- Put fruit in pan, add water and lemon juice if necessary and place pan on hotplate.
- Place jars and sugar in oven (100°C). The lids I just leave to warm and dry on top of oven.
- Simmer gently till fruit is as soft as desired.
- Test for pectin if you think it necessary and add extra if needed.
- Add warmed sugar and stir till dissolved. Do not allow jam to boil till all sugar is dissolved.
- Bring to a rapid boil with little stirring.
- Test for setting after 2-3 minutes rapid boiling (see next section). Remove from heat while testing and test frequently.
- Turn off heat when ready. Skim surface.
- If jam contains pieces of fruit which may rise to the top part of the jars let stand for ten minutes and stir before pouring into jars.
- Pour jam into warmed jars. Newspaper on the work surface catches spills and prevents jars from cracking as they may do on a cold surface.
- Seal, wipe jars, leave to cool.

TEST FOR SETTING

Once you have rapidly boiled your jam for the time specified in the recipe it is necessary to test that setting point has been reached. Experienced jam makers will often know simply by the appearance when this has happened, but to be sure use any of the following tests. Remove pan from heat or lower heat while testing.

Saucer Test

Put a teaspoon of the mixture on a cold saucer (from fridge or freezer) and leave it to cool. When cool the surface should be set and the jam crinkle when you run your finger through it. If it is still runny, return pan to heat, continue boiling rapidly and test again in two minutes.

Wooden Spoon Test

Dip a wooden spoon into the jam and remove it. After two seconds tilt the spoon so the jam drips. If the jam is ready it will run together in large drops of heavy syrup.

Sugar Thermometer

I have never used a sugar thermometer but there is no doubt that this is the most accurate way of testing for setting point. To avoid damage to the thermometer place it in a jug of hot water before and after testing. Stir the jam and immerse the thermometer, not allowing it to touch the bottom of the pan. Setting point is between 104°C and 107°C (220°F-222°F).

BOTTLING COVERING AND STORING

When the jam is ready remove any scum from the surface, a large metal spoon is adequate, although a special slotted spoon can be used. If the jam contains whole fruit such as strawberries, or peel as in marmalade, leave it to stand for about ten minutes, until a thin skin forms on top. Stir gently and pour into the warm jars you have just removed from the oven. To avoid mess (and scalded fingers) I wear rubber gloves, and carefully lift the pan over and sit it in the sink. After placing the warm

jars on a thick layer of newspaper on the side of the sink I pour the jam into the jars using a sturdy plastic jug.

Most books recommend that you then place a waxed disc, waxed side down, onto the surface of the jam to exactly cover it and press it down gently to exclude any air. Parchment or cellophane circles can be bought to be placed on top of the jar and secured with an elastic band when the jam is cold (follow the directions on the packet). The only time I used this method the earwigs in the cellar ate through the cellophane. I omit all the preceding and simply cover the hot jam with the clean, dry lid of the jar, and seldom have any trouble with mould. Jam should be covered while still very hot or absolutely cold, never when tepid or warm. It must be hot if you are using screw or twist-top plastic or metal lids. Wipe the jars clean using a cloth and hot water. When cool, label jars and store in a cool, dark, earwig-free place.

PROBLEM SOLVING

Jam Not Set

If your jam is too runny the pectin and acid content of the fruit was not high enough. You can return it to the pan, add lemon juice or commercial pectin and reboil until it jells when tested. However if the jam has darkened in colour and tastes of caramel it cannot be rescued. Remember to wash, dry and warm jars again before re-use.

Mould

Mould can sometimes develop if jam is stored in a damp place or if covers were not put on correctly. Check jars occasionally and if a spot of mould has developed remove it and use that jar right away. To help prevent mould a teaspoon of brandy can be run over the surface before covering. A film of golden syrup will also help. Another preventative is paraffin wax (buy from a chemist). It is gently melted, over hot water, never directly on the stove, and poured onto the jam to a depth of 3-4 mm (about 1/8 in). One reference said cold jam and one said hot, I don't use it so I can't recommend which is better. Twist the jar so the wax touches the sides. Let the wax set to make an airtight seal and cover as usual.

Fermentation

Fermentation may occur if jam is insufficiently cooked, if damp or mushy fruit was used or too little sugar for the quantity of fruit. If using less sugar than the amount specified in the recipe the jam must be sterilised, unless you intend to use it within a few weeks. It will also not set as firmly, but may have a more fruity taste and better colour. To sterilise jam place it in half-litre spring-clip or screw-band jars. Place jars in hot water, bring to the boil and boil for seven minutes. Place the screw-bands on slightly loosely and tighten after removing from water.

Crystallisation

This can be caused by too much sugar being used, by over or under-boiling after the sugar has been added, or if the sugar has not been properly dissolved before rapid boiling commences. You can eat crystallised jam but it will be dry and crunchy.

References.

The Preserving Book, Mackinlay & Ricketts, Pan Books.

The Complete Book of Preserving, edited by Nicky Hayden, Marshall Cavendish Books Ltd.

An Australian Country Harvest Cookbook, Gilian Painter, Simon & Schuster.



BACK TO SCHOOL FOR HOME GARDENERS

Here is a school with a difference. The practical session is a summer picnic. There are no exams. Students will be expected to laugh a lot, talking in class is encouraged and the organisers would prefer that you 'lived-in' so that you (and they) can have some fun in the evenings. The venue for all of this is historic old Newman College at Melbourne University and the event is the annual Summer School for Home Gardeners, from Monday February 15 to Friday February 19 inclusive. The Royal Horticultural Society of Victoria's (RHSV) Summer School is now in its fifteenth year and is a must for garden lovers of all ages from all parts of Australia. There will be a tremendous line-up of well known and not so well known gardening experts. Jane Edmanson and Colin Campbell from ABC television's 'Gardening Australia' will be speaking, also Kevin Heinze, Allan Seale and John Patrick, together with some less well known, but expert horticulturists like nurseryman Ted Polynon, Rose Society president, Barry Johnson and many others. The tone of the week-long school is anything but scholastic. There is a lot of emphasis on making friends, exchanging information and having a good time. The speakers are chosen because they can relate to people and impart their knowledge easily. The five day school including full accommodation with all meals, a coach tour to Mt Macedon and private car parking is just \$339.00. The non-residential package is just \$215.00.

Phone Melissa at the RHSV secretariat on 03-898-9241 to enquire about booking, or to obtain a color brochure and programme.



Paper, glass and aluminium are known recyclables, but what about Wellington boots? The British have begun collecting and recycling some of the six million pairs of PVC Wellies sold in the UK annually. Manufacturer, Dunlop, has installed regranulation plants for recycling old boots into the 'Dee Welly' made entirely from recycled material.

HOMOEOPATHY

A totally new concept in learning by correspondence has been prepared by well known practitioner and author Isaac Golden, Principal of the Melbourne College of Homoeopathy.

The course is based on the M.C.H. course for professional Homoeopaths. Practical 'hands on' as well philosophical aspects of homoeopathy are fully covered in the course.

For full details, write to:

AUSTRALIAN COLLEGE OF ALTERNATIVE MEDICINE
PO Box 625, Box Hill 3218.

Browsing Through

by Colin Franklin, Ballarat, Vic.

Wayne Medley, lemonade trees are available from most citrus growers. Ron Poulter, Old Dandenong Rd, Clayton 3168 will have them. Your local nursery can obtain them for you.

Anne Bradbury, with regard to composting tips: GR 83 has the necessary tips concerning composting. These are available from GR at \$3.50 incl p&p.

P & J Fitzgerald, spinning wheel plans are available from the wood working magazine produced by The Australian Woodwork. Copies required are No 35, No 36, available from Private Bag 7, Rozelle 2039 at \$3.70 + p&p.

Janet Bradley, I understand that the Victorian Department of Agriculture was releasing an excellent book on the growing of garlic nearly two years ago when I spoke to them about the subject. They didn't know of any other agriculture department having any notes at all. The Victorian Department of Agriculture, 1 Parliament Place, Melbourne 3000, may be able to assist you on a commercial basis.

Shirley Svenson: Quick lentil rissoles (makes 8).

50 g (1/2 cup) onions, chopped

20 ml (1 tbsp) oil

460 g (2 cups) lentils, cooked

90 g (2/3 cup) walnuts, chopped

Saute onions in oil. Mash lentils. Combine all ingredients. Form into rissoles. Place on oiled shallow tray in 190°C (375°F) oven and bake until brown on one side (15 minutes). Turn over and bake on other side until brown. Variations: add 1 g (1/2 tsp) sage to onion. Add 520 g (2 cups) mashed potatoes to the lentils. Prepare and cook as above.

Lisa Cooper, requiring a natural spray for cabbage root fly, use thyme or sage essential oil. For cabbage white butterfly use sage, peppermint, rosemary, thyme or hyssop. Fleas are controlled with lavender, pennyroyal mint, tansy. For mosquitoes use lavender, pennyroyal sassafras, citronella. Fruit and white fly can be repelled by tansy, lavender or sage essential oils used in the following way: 8 drops of essential oil to 600 ml water, boil and leave to cool. Use 2 tbsp to 4 litres of water and spray or water in the usual way. String soaked in a solution of water and any of the essential oils mentioned may be strung among the rows of vegetables to deter flying butterflies and white cabbage moths.

Now here are some ideas for those with extra of the following fruit to spare.

Tomato Jam: Take 500 g (1 lb) tomatoes, 500 g (1 lb) sugar, and juice of 1 lemon and a sprinkle of cinnamon. Blanch and skin the tomatoes and cut them up. Bring them to the boil with the other ingredients and simmer gently till the jam sets on being tested (about 1 3/4 hours). If green tomatoes are used, they should be sliced and simmered to soften before sugar is added.

Beetroot Jam (good vitamin B source): Wash peel and slice thinly 1 kg (2 lb) beetroot. Place in a pan and just cover with water. Cook slowly till tender. Add 700 g (1 1/2 lb) sugar, 30 g (1 oz) dried ginger powder and the juice and grated rind of 2 lemons. Cook gently till the mixture is thick and clear. It will take about an hour. Just before potting add a few blanched almonds.



SNAIL FARMING ADVISORY SERVICE



A new information service for people wishing to learn more about snail farming has been launched in the north-western NSW town of Gunnedah. The service is being provided by Sonya Begg, Australia's original commercial snail farmer, who is well qualified to pass on her extensive knowledge to prospective snail farmers. 'Why import inferior tasting snails in tins, when Australians can produce their own superior snails for the fresh food industry.' Sonya pondered. Many chefs in top-class restaurants have already replaced the imported variety of snail with plump, fresh, Australian snails.

Helix aspersa, our common brown garden snail, is the same as the *petit-gris*, the most commonly eaten snail in France and Europe, so Australians have a unique opportunity to utilise a natural resource by recycling a common garden pest into a delicious gourmet food. Advice on snail farming for commercial purposes or for home consumption is given in Sonya Begg's latest publication which outlines modern methods of farming snails, equipment, food, breeding, legal and health matters to consider prior to setting up, marketing, cooking and presentation. It is the only publication of its kind in Australia. On-going help and advice is a valuable follow-up to the publication and is all part of the information service.

Further details can be obtained from Sonya Begg, PO Box 119, Gunnedah 2380. Ph: 067-423-431 AH.



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Ph: 074-942-496. Dealer enquiries invited.

THOSE FAR HORIZONS

by Rosalind Gross, Ashburton, Vic.



Living and working in the suburbs can be a great life. You *can* garden productively and imaginatively on a suburban block, ideas abound. And the chance to learn new skills – well whatever you want to study, there's sure to be a course that covers it. But, those far horizons, where are they? Those mirages shifting in the afternoon light? Those intense silences? They're never to be found within coo-ee of a freeway or whipcrack of a supermarket. But, unexpectedly and happily, though temporarily, we made it to the vast areas of inland Australia.

After retiring a little earlier than we had planned from the workforce, we heard by chance of the VISE organisation and the need for short-term home tutors with the Volunteers For Isolated Students Education. 'We welcome you with open arms,' was the response to my letter of enquiry. 'Which state do you prefer?' And a little later, 'We have registered you with the Longreach area in western Queensland. Could you teach three children on a station west of Winton?'. So goodbye suburbia and hello to the Channel country of north west Queensland. It was a long way by bus to Winton but the warmth of the welcome we got from people who were delighted to see us arrive made it very worthwhile. Unless a family can afford to employ a governess it is up to the mother to add supervision of the children's schooling to her already very busy day.

Our schoolroom was delightful, the enclosed verandah of the cottage where we also had our quarters. Each child had a desk and we decorated the walls around them with samples of work and memorabilia, although the wind blowing gustily through the louvres and screens regularly scattered these. As well there was an 'on-air' room and each child had a thirty minute lesson with their class teacher based in Longreach. The teachers succeeded brilliantly at bonding the children, separated by hundreds of kilometres, into a closeknit class with a definite identity. Sometimes reception was poor and we would give up in frustration, but usually the little voices came in clearly. The radio was also used for 'meetings' and discussions. One meeting was called so that the children could practise their war cry for a forthcoming sports day. Music lessons, Japanese lessons, Cubs and Brownies – all took place through the two-way radio.

While school supervision took up most of our day (all lessons were sent from the Distance Education section of the Education Department in Brisbane), we quickly became involved in the activities and chores of the homestead on the huge cattle and sheep station. Water was no problem, it came from a bore and was pumped to the surface by a windmill that creaked and groaned unceasingly. So we established a vegetable garden. All that water, all that sunshine, and all that manure from the cow shed – barrow loads of it. I thought of the precious plastic bags full that I bought at the garden centre and happily dug some

more in. 'A garden!' said the two year old demanding to water it with the hose. 'A garden!' said the six year old, making up a game called 'London's Burning', and hurling water at the plants. And how they flourished! We were soon picking silverbeet and watching the cabbages spread their leaves.

The amount of work done on the station made our city lives look almost frivolous. The stockmen were up at the crack of dawn and simply worked until their jobs were done. Meals for us all had to be prepared, washing-up done and people looked after. Whatever skills you have are treasured. You can mend? That's wonderful! Cut hair? Great! The isolation fosters a truly co-operative spirit.

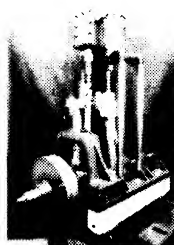
Getting the cow in to be milked was my favourite after school activity. She was still 'mothering' two large calves and by putting these into a pen at night we were sure of having her about for the morning milking. So off I would go across the plains in the cool evenings to fetch them in. It was delightful to look at the old, worn-down hills on the horizon, bleached pale in the morning but turning to rose and purple in the evening light. And the sunsets later on! Half the sky filled with a red glow and the brighter stars shining through. Once I saw the silver crescent of the new moon and nearby the sharp gleam of a star set in the redness and I have the sight locked in my memory for ever.

Time speeds by and the day came for us to climb back on the bus, leaving our little charges and the vistas of inland Australia behind. We look on our time as volunteer home tutors as a great extension to our lives and know it was a privilege to share for a time the life of a wonderful outback family.

Information on the VISE scheme can be obtained from Volunteers For Isolated Students' Education, PO Box 1660, Katherine, Northern Territory, 0851. Ph: 089-721-377. The organisation is now being extended to provide 'Angels' – volunteer housekeepers who will help in cases of need.

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THE ROD TALLIS YOUTH AWARD

If you are young and involved with plant propagation, you could be a contender for the 1993 International Plant Propagators Society, Rod Tallis Award. All you need do is contact John Mason on phone 075-304-855. This award is given to recognise commendable achievement by youth working in or studying horticulture. For young nurserymen or keen amateur plant propagators it can be an opportunity to attend a conference and meet leading propagators from all around the country, apart from any other benefits. The IPPS has made this award annually to commemorate the contribution which Rod Tallis made to the Society prior to his sudden death in 1981. If you are under the age of 25, work in or study horticulture, and have something to say which is related to propagation or the nursery industry; you should submit an application.

If you would like to know more about the award or details for applying, phone Mr Mason on 075-304-855 or Mr Harrison on 03-736-1882. Applications should be lodged by March 15th 1993 with: Mr John Mason, C/- Australian Horticultural Correspondence School, PO Box 2092, Nerang East 4211.

CLEAN UP AUSTRALIA DAY

Clean Up Australia Day is on Sunday, 7th March 1993. There are many projects planned for Clean Up Australia Day in 1993, including a special clean-up of roadways around the nation. There are more than 200,000 kms of roads in NSW alone and it is hoped to make a substantial difference to the litter along them. Last year 400,000 volunteers cleaned up 25,000 tonnes of garbage and there were 509 Clean Up committees around the country. Our goal for 1993 is 600 committees nationwide. Anyone wishing to become involved as a committee co-ordinator can contact national headquarters on 008-024-890.

POULTRY BREEDERS DIRECTORY

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Meg Miller

2nd Edition



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Order now from Night Owl Publishers,
PO Box 242, EUROA 3666.

PENPALS

Hi! My name is Daniel Laidlaw. I am 10 years old and would like to write to someone around my own age with a hand held of any kind. I own a Lynx. My hobbies are reading, playing darts, fishing, computers and playing Lynx.

C/- PO Box 242, EUROA 3666.

Hi! My name is Candice. I live in Port Pirie. I am nearly 10. I have two dogs, 2 chooks, and 3 roosters. My favourite dog breed is Dalmation. I would like a penpal of any age, anywhere. There are six in my family, my Mum and Dad, two sisters and a brother.

Candice Moyes, C/- PO Box 242, EUROA 3666.

My name is Jason Dodge and I would like a penfriend from anywhere. I will be 8 next February. I am a Joey Scout and my hobbies include gardening, bushwalking, cooking and crafts.

C/- PO Box 242, EUROA 3666.

Hi! My name is Kate. I'm six years old. I like writing. I live in the country. I would like a girl penpal 6-10 years old.

Kate Heathcote, C/- PO Box 242, EUROA 3666.

Hi! My name is Jasmin. I am in grade 3. I would like a penpal aged 8-10. My hobbies are: Riding my bike, reading and soon I would love to have a penpal.

Jasmin Riernan, C/- PO Box 242, EUROA 3666.

My name is Vivienne Webb and I'm 36 years old. My interests include gardening, crafts and reading. I live near the ocean and would enjoy corresponding with anyone who is into organics and natural products. I do believe they are better for your health and the environment.

59 Goolagong Circuit, MT WARRIGAL 2528.

My name is Rachel. I am 9 years old and looking for penpals about the same age, boys or girls. I live with my parents and two sisters on an eight acre bush block. I have ducks, a dog, cat, rabbit and two pet blue tongue lizards. I love riding my motorbike and my favourite sports are running and high jump. I love playing piano and climbing trees. I go to school by bus which takes an hour in the morning and the same at night. I love living in the country.

Rachel Jacka, C/- PO Box 242, EUROA 3666.

MT COOT-THA BOTANIC GARDEN TOURS

The Queensland Council of Garden Clubs, Brisbane City Council, 12 seater mini-bus is available for group tours at 10 am or 12 pm weekdays. Group bookings (one week in advance) for these free bus tours will be necessary. Bookings, phone Serena 07-377-8891 during office hours. The 30 minute bus tour is conducted in conjunction with the popular one hour volunteer guided walks of the gardens so that groups may elect to tour on foot with a volunteer guide or by bus. Volunteer guided walks are conducted at 11 am and 1 pm Mon-Sat.

CRYPTIC GRASSWORD

Continued from page 45.

R	I	G	H	T	S	+	S	T	R	E	S	S
A	+	E	+	A	+	+	+	I	+	R	+	E
D	R	Y	I	N	G	+	M	E	T	R	I	C
I	+	S	+	S	U	G	A	R	+	A	+	T
S	T	E	P	+	S	+	S	+	U	N	D	O
H	+	R	E	S	T	+	K	I	N	D	+	R
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A	+	T	R	O	T	+	L	A	T	E	+	K
C	U	R	L	+	R	+	I	+	E	T	O	N
C	+	I	+	G	E	R	M	S	+	H	+	I
U	M	P	I	R	E	+	E	A	T	I	N	G
S	+	O	+	I	+	+	+	T	+	C	+	H
E	N	D	I	N	G	+	T	E	A	S	E	T

Down home on the farm...

by David Miller



Today is one of those typically dry, hot summer days which have been extremely rare this season. It is unusual for the grass to be turning from green to brown in mid January. It is even rarer to have prolonged thunderstorms on Christmas Day, so this certainly is an unusual summer and one we'll never forget.

While attending a country wedding before Christmas we listened to tales about the weather from local farmers. All could not remember a season where they could postpone their first irrigation until November. Usually they are watering their properties by late September, otherwise the pasture would have died by Christmas. So the air was full of stories of rain, lush pastures and the hay that would result from them. Everyone thought the extra pasture would be turned into a bumper hay crop, but this proved more difficult than we thought. Usually hay is mown, raked, left to dry out to a certain moisture content and then pressed into bales. This year every time the hay was dry enough to press it would rain and there would be more raking to ensure even drying. This happened a few times to the unlucky ones, many of whom gave up and turned stock into the paddock to get some value from their unsuccessful efforts.

The rain has been wonderful for Megg's garden. She has always had an interest in old-fashioned plants and many cuttings and seedlings have been put in over the years to see if they would survive the summer. This year it seems as if the garden has suddenly grown up. The shrubs and trees now form a beautiful canopy and the borders of cottage garden flowers and plants form a peaceful and relaxing environment. New trees planted in the last year have also grown well. This has been helped by the erection of sturdy wire guards and the use of mulch and poultry manure.

Sunshine did very well at her final exams last year and has earned herself a place in the city for the next few years to further her education. Tertiary places haven't been published yet so she doesn't know what institution she will be attending, but her marks are good enough to entitle her to consideration for her first choices. Sunshine is a great reader, the sort who needs a pile of books each week to keep them going, and if the stack is too low will read old favourites again to fill in the time. Needless to say she reads at great speed and is now using these skills to help proofread Grass Roots during the summer holidays. When she originally arrived home with all her gear we realised that another bookcase was required to eliminate the stack of boxes in her bedroom. This was filled as quickly as it was installed. Now I wonder where we will put the next bookcase because there is just no room in the house for another.

On the poultry scene, the goslings have grown remarkably this year. I suppose every year we raise them we just stand back and watch in amazement as they seem to rapidly inflate from week old to young adult in a short time. They wolf down the food and don't seem to suffer from any diseases. You would think they would have digestive upsets with the amount of food they need to achieve their growth rate, but not so. The only

problem in breeding pure Toulouse geese in Australia is that there are not enough different bloodlines so the geese are usually closely related and this seems to affect their productive capacity.

The dreaded incubator is going again, but only just. Megg must produce replacement chicks from some of her rare breeds or the numbers could get too low to be viable, so the incubator was finally switched on, albeit reluctantly. I don't blame her for having mixed feelings about chicken breeding, it means being tied to the place for months on end as well as involving hot, tiring work. Not only does the incubator need to be closely monitored and manually turned six times daily, but once the chicks are in the brooder and later, grower sheds, they are very labour intensive. I've noticed a few hens walking around with chicks and have a hunch there will be numerous more before summer is past. The hens do a great job with their clutches provided the chicks can be kept away from the deep water containers that are dotted around poultry sheds.

My cattle have been calving too, so they have to be checked at least twice a day to make sure the new mothers make their deliveries without incident. I have only had to assist one calf, a Highland, which the cow was having trouble delivering. I could have left her to it but I had to get her into the yards and check to see that the presentation was normal, which it was. So having the cow there and still not seeing the calf I took the usual action of tying a cord around the calf's legs and heaving out and down. I started by making sure the head was in the correct position, then slipped the cord over one leg. I reached for the second leg and tried to get the cord over it but the calf, still inside the cow, withdrew its leg. So I had to find the second leg again, pull it out a little then try to get the cord around it. As soon as I let go to get the cord, the calf pulled its leg back inside the cow. By this time, I couldn't stop laughing at the prospect of an unborn calf with a wonderful sense of humour. Finally, out he came and all is well. I haven't tested his sense of humour again, but he certainly is a very quiet and likeable fellow and one you can approach with ease in the paddock.

I was fixing a fence recently and noticed the cows in the next paddock running around bellowing excitedly and kicking their heels in the air. As this continued I decided that there was probably a snake in the paddock that was upsetting them, so took the shovel and went to investigate. As I approached with caution I was confronted not with a dangerous reptile but with a rather frightened one metre long goanna who seemed to be more upset than the cows, and with no tree in sight. I suppose many of us have seen goannas cross country roads in front of the car and run straight up the nearest tree without seeming to slacken their pace. I decided to liberate this fellow and leave the cows in peace, so picking him up by the tail I slipped him over the fence and watched as he wandered over to a nearby tree where he paused, obviously in shock, before slowly climbing up out of harm's way.

Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

HOMOEOPATHY FOR EVERYONE – Shella & Robln Gibson.

The authors of this informative book are qualified doctors and practising homoeopaths. They trace the history of homoeopathy and discuss its use in treating a wide range of complaints. The inclusion of case descriptions illustrating the benefits of homoeopathic treatment makes the book interesting and relevant to many. The chapters discussing how homoeopathy works and its relationship to other therapies will be found particularly interesting, however some may find the chapter examining results of research on homoeopathy to be a little harder to read and understand. Answers to many of the questions most commonly asked by people new to the idea of homoeopathic treatment have been included. To a large extent the book succeeds in demystifying homoeopathy, making it more understandable and thus promoting its value as an alternative modality of health care.

P/b, 223 pp, Arkana/Penguin Books Ltd, RRP \$14.95.

ORIGINAL DESIGNS FOR SMOCKING – Jenny Bradford.

The author is one of Australia's best known embroiderers and has a list of books to her credit. Her expertise and wealth of experience has resulted in an extremely practical and comprehensive book on smocking with designs suitable for boys, girls and adults. It is not a book for absolute beginners, but more experienced needleworkers will find it contains all the advice, illustrations and explanations they need to create items of lasting appeal or to transform ordinary clothing into something special. All designs are illustrated in colour and with clear graphs showing each pattern line by line. The different stitches used are described and illustrated, and there are two pages of blank graph to enable the more creative to work out their own designs.

P/b, 59 pp, Milner Craft Serles, RRP \$16.95.

RECLAIM RECYCLE REUSE – Alan B Hayes.

The misleading title may cause people to think that this book is only concerned with telling us at length what we should be doing with our garbage and how to make compost. Although it does indeed discuss these issues, the scope of the book is much broader. It has been described as a 'compendium to a more responsible lifestyle and healthier planet'. Among the topics discussed are energy efficient homes, environmentally friendly cleaning and cleansers, chemical-free gardening, essential oils, safe pest control, and sound environmental practices for the home, garden and community. Full of clever ideas, recipes and advice, all written and presented in a practical, easy-to-follow style, it is a useful addition to any home library.

P/b, 228 pp, Sally Milner Publishing, RRP \$16.95.

WORLD TREES – Allen J Coombes.

Anyone with an interest in plants, gardens, botany and the environment will welcome this excellent publication. It is a 'user-friendly visual identification guide'. In other words it is easy to use, clearly formatted, well illustrated, and you really will be able to identify that elusive tree. Illustrations are in colour and depict the actual plant (including the size in relation to a human figure), leaves, flowers, seeds and any other distinguishing features. The illustrations and the descriptions are together, rather than in separate sections of the book. Master charts quickly identify the major family or group to which the specimen belongs. Essential information about each plant is clearly written and includes a description of leaves, bark, flowers and fruit, the plant's native region, the habitat, and remarks of general interest such as alternative names, distinguishing features, related plants, uses and poisonous properties. The book is a convenient size to carry on travels and walks and its excellent binding ensures that it will stand up to years of frequent use.

H/b, 320 pp, Angus & Robertson, RRP \$29.95.

THE COUNTRY GARDEN – Trisha Dixon.

This is not a practical 'how-to' book but an inspiration for gardeners and garden lovers. It is lavishly illustrated with stunning colour photography, much of it the author's own work. Although some of the ideas may be adaptable to urban situations it is particularly appropriate for country gardeners who have space to attempt to use some of the ideas illustrated. However, anyone with an interest in plants and gardens will enjoy it as a work of art to browse through, to dream over and to enjoy. The book is beautifully laid out and the text interestingly written and informative, if you can draw your eyes and interest away from the illustrations.

H/b, Angus & Robertson, RRP \$39.95.

MARGARET GEE'S LOW CHOLESTEROL CUISINE –

Margaret Gee.

This book convincingly proves (for anyone who still needs proof) that healthy food need not be boring food. People placed on a low cholesterol diet need not despair, for this exciting collection of international recipes will encourage healthy eating which is still a delight and an adventure. Recipes are based on cuisine from Europe (Yes, even Italian food can be low cholesterol.) and Asia, with a special section of festive recipes suitable for Christmas or other special occasions. Recipes are low in fat and have no sugar or salt added, flavour being provided by herbs and spices from relevant parts of the world. All recipes are based on fresh fruits and vegetables, whole grains and small portions of protein to form a surprisingly varied diet. The book is well presented and although not all dishes are pictured, those which are provide a tantalising glimpse of the treats in store for anyone using the book.

P/b, 96 pp, Bay Books/Harper Collins, RRP \$8.95.

AUSTRALIAN HERB INDUSTRY RESOURCE GUIDE – Kim Fletcher.

This book is a unique networking guide to the herb industry for professional and recreational herb growers and users. Its listings include consultants, essential oil producers and suppliers, growers of medicinal herbs, suppliers of fresh-cut and domestically grown herbs, wholesale and retail nurseries, suppliers of herb seed, herb courses, publications, societies and associations, retail craft outlets and display gardens. It is an essential reference for professional herb growers, manufacturers and users – large or small – and for anyone with an interest in herbs.

P/b, 105 pp, Focus on Herbs, PO Box 203, LAUNCESTON 7250.
RRP \$15 + \$3.50 p&p.

BUSHWALKING IN AUSTRALIA – John & Monica Chapman.

One of a series of 'travel survival kits' and 'travel on a shoestring' publications, this guide to bushwalking in Australia will be welcomed by both Australian and international travellers. It describes 24 walks in all states and all types of terrain. Walk descriptions are extremely detailed and include maps, general information and suggestions, features of the area, time required and stages of the walk. A very practical section at the front of the book will be of particular benefit to overseas visitors, but will also interest Australian walkers. It gives a brief idea of the flora and fauna of the country, currency, history, dangerous animals and natural phenomena, travel arrangements, in fact everything a traveller/potential traveller/bushwalker would need to know to gain the maximum satisfaction with the minimum of hassles. The book is very good value, well researched and formatted, easy to read and a convenient size for carrying in the backpack.

P/b, 218 pp, Lonely Planet Publications, 192C Burwood Rd,
HAWTHORN 3122. Ph: 03-819-1877. RRP \$16.95.

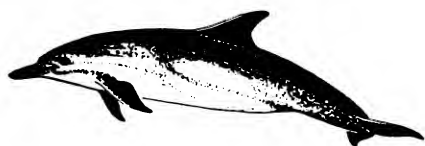
ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

DOLPHIN DREAMTIME TAPES

An Australian relaxation consultant, Tara Andre, has produced a range of relaxation tapes with a difference. Two of her tapes guide the listener into the world of dolphins while the tape *Whale Dreaming* is a specially designed music tape which includes the haunting sounds of the humpback whale and explores the mystical world of these majestic giants. Her first tape the *Dolphin Dreamtime* has proved so effective in England that the government backed Medical Research Council at Cambridge carried out a detailed and scientific analysis of the data supplied by 1000 therapists assessing the tape. To date this tape was mainly distributed by Doctor Horace Dobbs, world renowned dolphin expert and author, through his organisations International Dolphin Watch and Operation Sunflower. The *Dolphin Dreamtime* tape is now being used in English hospitals and prisons by people suffering from depression, mothers in labour, insomniacs, and in conjunction with therapies such as reflexology, hypnotherapy and aromatherapy etc. It has also been proved effective for general relaxation and is used by a number of relaxation therapists. To further her contribution to dolphin and whale conservation a percentage from all sales of the tapes is presented to conservation and awareness programmes. Now the tape is available in Australia, for \$17.95 plus \$2.50 p&p along with other relaxation tapes and *Whale Dreaming* music tape through:

Cloud Nine Productions, 27 Duke Rd, DOONAN, EUMUNDI 4562. Ph and fax: 074-491-186. A free brochure is available.



ORGANIC HYDROPONIC PLANT FOOD

When you manage a soil garden or farm organically or regeneratively you soon realise that NPK (nitrogen, potassium and phosphorus) is least important. What works, works! Not because of chemical or mathematical theory but because it has been created to fit into the natural order of fertility. A true organic hydroponic nutrient has been introduced into Australia. Simeon's Budswell and Simeon's Super Tea Mix are a blend of seabird guano, bat guano and earthworm castings. It has been known for centuries that seabird guano from the dry islands of the Pacific and bat guano from the dry desert caves of the world make excellent food for plants. The types of seabird and bat guano, and earthworm castings used in the formulation of Simeon's Budswell and Simeon's Super Tea Mix are chosen for their known effects on flower and fruiting plants - strong multiple blossoms, sweet fruit and thick seed pods. Simeon's Super Tea Mix is specially blended as a vegetative formula, and Simeon's Budswell is blended specially as a flowering nutrient. Both blends are completely organic and available in either dry powder and liquid formulations. Available from:

South Pacific Hydroponics Pty Ltd, 252 Oxford St, BONDI JUNCTION 2022. Ph: 02-369-3928; 1 Machinery Drive, SOUTH TWEED HEADS 2486. Ph: 075-246-780; and Green-lite Hydroponics, 39 Burwood Highway, BURWOOD 3125. Ph: 03-888-8885.

LOW-COST WATER TREATMENT FOR REMOTE AREAS

A simple and very effective system for producing potable water from well, river or bore water has been introduced by Delkor Pty Ltd. Designed for remote areas where conventional water treatment methods are not available or are too costly, the automatic gravity sand filters require no power, have no moving parts and are self-cleaning, making maintenance virtually negligible. As their name implies, the automatic gravity sand filters use gravity to filter raw water. The raw water gravitates through a fine filter sand bed and strainers reducing the volume of suspended solids down to as low as 0.5 mg/litre. As contaminants build up in the filter bed, the filter automatically initiates a backwashing process in which clean water is drawn up through the bed removing the contaminants, leaving the bed clean and ready for

operation. Depending on the quality of the raw water supply, it may be necessary to chlorinate the water prior to filtration or UV treat it after filtration to eliminate bacteria. If the raw water is highly contaminated, flocculation and pre-settling can also be used prior to filtration. The filters, manufactured under licence in Australia by Delkor from German company BWK GmbH, are available in diameters from 1.2 to 12 m and provide flow rates of between 11 m³ to 2260 m³ per hour. In addition to water purification, the filters are also suitable for treating industrial process waste water, sewage purification and the tertiary treatment of effluent. Further information:

Delkor Pty Ltd, PO Box 971, BONDI JUNCTION 2022. Ph: 02-387-6900. Fax: 02-387-7870.

BIOSPRINKLER

A new invention which utilises household waste water for garden irrigation has just been released. It enables people to continuously water their gardens despite local water restrictions and sprinkler bans. It also means that the average household using the device would save around 150,000 litres of water per year. This is the amount that would otherwise go to waste from showers, baths and washing machines. Up to 70% of the average garden's minimum requirement can be provided by using these waste waters. The device, called the BioSprinkler, was invented by Mr Allan Barber as a response to sprinkler bans in his area. The inventor claims that the BioSprinkler can be used to fertilise the garden or even kill weeds. This is done by mixing the fertiliser or weedkiller into the tank that collects the waste water, which is then distributed to the garden by the BioSprinkler. Another feature of the new system is that, once installed, it is automatic, coming into operation whenever waste water enters the collection tank. The only effort required on the part of the householder is to move the BioSprinkler around the garden. The distributors of the BioSprinkler believe that the invention has far reaching implications for the way Australians use water. Installation of the invention, in most cases, is as easy as placing it, securing the water tank to the wall, and connecting the washing machine hose. More extensive installation is needed if waste shower and bath water are to be used as well. More information can be obtained from:

Alan Liddle or Allan Barber, 3 Short St, EVERTON HILLS 4053. Ph: 07-353-4343 (BH). Fax: 07-353-2434.



HOME AROMATHERAPY KITS

Luminescence Oils has researched common ailments traditionally treated by aromatherapy and produced a range of five mixes for relief of sinusitis, headache, depression, congestion and stress. The 10 ml bottles come with dripper tops for easy dispensing. These can be used in clay vapour makers, or in massage oil bases, or simply add two drops to your bath. Also made of pure essential oils and featuring in this new range are 'Ping Off', a natural insect repellent and 'Pong Off', a room freshener. 'Ping Off' can be applied directly to the skin, but both can be used in vapour makers. Send for a free mail order catalogue.

Luminescence, 12 Noamunga St, BOAT HARBOUR 2301. Ph/fax: 049-822-300.

COUNTRY GENERAL STORE

The Country General Store carries a range of old-fashioned kitchen implements that will appeal to many do-it-yourselfers. Items include an apple parer that slices and cores in 5-7 seconds, a 'quick curl' which cuts in a particular way to create a spiral potato, a cherry seeder, corn popper, fruit press, large and small nut crackers and a range of both electric and hand cranked ice cream makers.

Country General Store, 4/13 Turbo Dve, BAYSWATER 3153. Ph: 03-720-5258.

GRASSIFIEDS

HOW TO ADVERTISE

Use the form provided at the end of the Grassified section, or a separate sheet of paper, to print your advertisement clearly, not in block capitals, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 40 cents per word (all types of property) or 30 cents per word (all other classifications) to work out the total cost of your advertisement. Send your advertisement and payment to Grassifieds, PO Box 242, Euroa 3666 before the advertised deadline and we'll include your advertisement in the next issue of Grass Roots.

PROPERTY FOR SALE

NEW SOUTH WALES

BUNGENDORE, 30 MINUTES from Canberra. Superb private 18 ac with magnificent views, 3 b/r temporary dwelling with power, ph, unlimited water, 3 dams, fenced, estab trees, school transport convenient, house plans included. \$189,000. Ph: 062-807-264.

EDEN, 80 ACRES, bordering state forest, dual access, deep lush gullies, lightly timbered slopes, mtn & valley views, various homesites, 15 mins Eden & beaches, school bus. Must sell, \$75,000. Ph: 062-973-808.

GOD'S LITTLE ACRE, near Taree in beautiful Manning Valley, gently sloping one acre block on sealed rd near school, shop, PO, scenic views, good soil, council building approval. \$20,000. Ph: 065-506-411.

NYMBOIDA, 50 km SW Grafton, 3 x 100 ac bush blocks, great views, frost-free, secluded. \$35,000 ea. Ph: 066-494-202.

YOUR OWN VALLEY, with house to live-in stage. Timber house has alternative power, solar, generator, comb stove. Power is avail. 125 ac of natural bush, perm/crk. Across from Orara River, with access. Handy to local village, Glenreagh. School bus. Half hr to Coffs & Grafton. Ph: 066-494-470.

NORTH COAST, \$22,500 for 1/4 share in 93 ac block, or \$85,000 for the lot. Newly fenced, stock yard, also some internal fencing. Two storey brick building with wood heater & 12V solar power. Tree covered with sml areas cleared. Lismore 36km, 16 km to Coraki, 35 km to prominent beach. Vendor can finance, weekly repayment for 1/4 share is lower than average rent in town. Sale is for health reason. Write to J Wende, PO Box 1030, CASINO 2470.

NYMBOIDA, 100 ACRES, bush block, building sites, water, dam, private, nature, 5 km gravel rd. \$55,000. Ph: 066-449-553.

KEMPSEY, 100 ACRES, as a private 1/2 share of 200 ac. Beautiful perm/crk, mainly bush, some clear. Delightful 2 storey bush cottage. Power, ph, HW, close to school bus. \$70,000 ONO. Ph: 049-333-969, or 02-452-5475.

BARADINE, 8 ACRES, 3 b/r house, horse yds & ramp, f/trees, sheds, plenty water, one mile PO, ph, power, septic. \$60,000 ONO. Ph: 068-436-232.

NORTHERN NSW, OLD BONALBO, 60 ac of grazing & forest. Handyman's dream, lock-up stage, 120 yo hoop pine house, dismantled in Brisbane & re-erected, plus 2 b/r registered temp dwelling (all council

approved) 2WD access, 3 dams, 2 springs, seasonal crk, ph, power close, sheds, sheep paddocks, producing f/trees, no chemical-crazy neighbours, 2 hrs to Brisbane & Southport, 2 min to r/forest & 100' waterfall. \$87,000 for seclusion & panoramic views. Ph: 066-653-272 AH.

STROUD/GLOUCESTER, sml farm, 8.5 ha (21 ac), perm/spring-fed crk, good soil, undulating. Comfortable temp accom, all amenities, council approved building. Main rd, daily buses, much more. \$92,000. Ph: 049-947-014.

BEGA 25 min, 25 ac, 8 cleared, 17 bush. Mud brick house, 2 b/r, comb stove, double c/port, power, school bus. Also 4 room Hardiplank cottage. Spectacular panoramic views, 40 min beaches. Organic veg/garden, 70 f/trees, many varieties, frost-free. \$149,000. Ph: 064-927-332.

TABULAM SOUTH, 1/2 share in 340 ac, possible to subdivide. Partly cleared, balance timbered. Fully fenced, 10 dams, 2WD access, spectacular views, abundant wildlife, 4 km crk frontage. Bitumen rd, school bus 8 km from property. Three b/r house near completion, fully set up. Solar powered, ph, gas HWS, fridge & stove. House frost-free with tropical fruits. Lock-up shed & c/port. Reluctant sale at \$60,000 or reasonable offer. For further details. Ph: 066-663-547.

ORANGE, CENTRAL WEST, solar design sml farm, 7 km from PO. Basalt soil, 13 ha, 4 paddocks, sml crk, generally reliable rainfall. School bus at front gate. Good r/w/tanks, lge lock-up shed with concrete floor. Comfortable house, Hardiplank, WRC windows, iron roof, 3 double b/r, lounge, study, playroom/4th b/r, kitchen/dining room. Solar design, nth facing windows, thermal mass provided by interior brick walls & slab floor, insulated roof & walls. Price \$220,000. Ph: 049-511-088.

NIMBIN 6 km, comfortable 2-3 b/r house, 12V solar elec (converts to 240V), generator, gas stove/fridge, HWS, WI/pantry, ph, plenty water, f/trees, veg, studio/garage 6 x 8 m. Multiple occupancy, private 2 ac adjacent nat pk, Co title, \$80,000. Ph: 066-895-035.

NIANGALA VILLAGE, lge 4 b/r fibro & weatherboard house on 13/4 ac, close to primary school, high school, bus & mail at gate. \$45,000 ONO. For further info. Ph: 067-692-328.

BELLINGEN, KALANG VALLEY, unique 5 ac riverfront property. Rustic loft-style timber home with dramatic river setting & views. Very private. NASAA certified organic property, fresh water stream. Commu-

nity hall & school. Power & ph. Price \$155,000. Jacqui or Ken. Ph: 066-551-357.

NORTH COAST, 80 ac, new brick buildings, concrete block tank, NE aspect, best views towards dividing mtn range, in alternative area. Borders best old growth forest in NSW. Twelve volt power, ph, 20% cleared, remainder virgin & growth forest. \$120,000. Ph: 065-505-083.

MID NORTH COAST choose your own piece of paradise on 500 ac of forest/r/forest with 3 km frontage. Many homesites either high on the ridge with spectacular views or on the crk with the sparkling sounds of crystal clear water running permanently on its merry way to the sea. Many species of bird & animal life to be found. All this just 25 min from Wingham & 35 min from Taree. Share for sale \$30,000. Ph: 065-535-037.

QUEENSLAND

MOUNT PERRY, west of Bundaberg, 100 ac, beautiful valley, some cleared, some timbered, fertile soil, high steep ridges. \$42,000. Owner finance on half deposit. Ph: 071-574-139.

MACLEAY ISLAND, in Moreton Bay near Brisbane. Bush block 1012 m², rd, water & elec access. \$37,500 ONO. Ph: S Smithson 09-325-6198 BH, 09-294-4879 AH.

LAMB ISLAND, handy Brisbane, comfortable home, power, water, ph, on 3 blocks. Private position, gardens, native & f/trees. Close jetty & boat ramp. \$75,000. Ph: 07-409-5723.

GRASS ROOTS PARADISE in quiet country town. Grand old original Federation Style Queenslander (circa 1901) on one ac fertile soil. Fruit trees, vineyard, town water, lge new w/shop plus car accom. Close to amenities. Idyllic private setting. Tongue & groove interior in original condition, fireplaces, cast iron lacework. Price \$150,000. Ph: owner Warwick, 07-661-4249.

KINGAROY 50 km, Wondai 30 km, 40 ac total seclusion, 2/3 bush, rest cleared, plenty of wildlife. \$15,000 ONO. Ph: 055-880-217 AH.

WOLVI, 20 km from Gympie, 11 yrs organic, 6 ac, octagonal dwelling, elec, 2 sml b/r, lge lounge, 3 walls glass doors onto views, kitchen, bathroom, septic, tanks, well, seasonal crk, AG swim pool 24 x 12 ft, bearing orchard, natives. \$85,000. Ph: 074-867-163.

THIRTY MILES WEST of Gin Gin. Two x 40 ac \$27,000 ea. One x 220 ac \$35,000. Steep, uncleared, good views, very quiet, good rds. P Chik, PO Box 31, GIN GIN 4671. **BRISBANE**, under 11 km from city centre,

GRASSIFIEDS

over 1/2 ac, rural rates, Tingalpa main rd. Low set, cavity-brick, tiled roof, lounge, 'eat-in' kitchen, bathroom, 2 b/r, sleep-out. Combined w/shop, laundry & garage with adjoining c/port. Suitable sml crops, packing sheds, beekeeper. \$140,000. Owner. Ph: 07-399-1517 AH.

MOUNT PERRY, 1 1/2 hr inland from Bundaberg, 1 3/4 ac with perm wooded crk on boundary. Once town's market garden. \$19,000 ONO. Ph: 091-854-605.

SUNSHINE COAST HINTERLAND, SE QLD, Conondale (Maleny area), 50 ac close to 'Crystal Waters' turn off, 2 b/r cottage, barn, chook shed, estab f/trees & gardens, perm crk fed by mtn springs, some r/forest, chocolate soil. Good grazing property, school bus at gate, close to town & coast, bit over 1 hr drive to Brisbane & Noosa, power & ph. \$95,000. Ph: 065-411-434.

LIGHTLY TIMBERED LAND, 6 ac, with dam, 6 km from the town of Nanango in SE QLD. Will neg a trial rent period or immediate sale. Ph: 07-870-1457 or 07-871-0508.

VICTORIA

NEILBOURGH, NEAR BENDIGO, 45 ac, 2 titles, cleared, dam, fenced on 3 sides. \$33,000. Ph: 052-217-917.

MOE, GIPPSLAND, outstanding low maintenance 36 sq home on 5 ac, estab orchard/vegie garden, machinery shed, chook sheds. Five min from town, schools, hospital. \$265,000 ONO. Ph: 002-346-608 or 002-784-960.

JINDIVICK, WEST GIPPSLAND. Picturesque 40 ac organic farm with perm/crk, adjacent to state forest, nth aspect, new fencing (incl elec), rds, steel yds & ramp, lge horse round yard, sheds, orchard etc. Modern 2 b/r timber home with cathedral ceiling, OFF, off Gourmet Deli Tour rd (cottage industry potential). One hr Melbourne, 20 min Warragul. \$225,000. Ph: 03-822-2767.

MERINO, country cottage, 1 b/r, restumped on 1/2 ac, fenced, in local side street, 50 m from bush nursing hospital & shops. \$24,900. Ph: 03-534-8750.

SECLUDED HILLTOP, 20 sq stone home on 3 ac bushland, 4 b/r, country kitchen, studio, French doors, wide verandahs, unique views, 3 min walk to lake & waterfall, ample shedding, 1 1/2 hr Melbourne, 1/2 hr Bendigo, 10 min Castlemaine. \$150,000. Ph: 054-724-495, 066-882-232.

FOR SALE; our house, on approx 1/2 ac block Tudor Saksish style, colonial type windows with metal awnings over. Regret to sell. Situated in secluded area. Three b/r with full length wardrobes, lge lounge with Coonara woodheater, open kitchen wih plenty of bench space & breakfast bar, walk through pantry, lge bathroom with spa bath, 2 sun/extra bed/rooms, lge laundry downstairs with extra shower room & sml hobby workshop. Enclosed grassed courtyard, lge pergola at entrance area & sml herb/vegie garden, toolshed & 2 woodsheds, underground services & garden lights, sprinklers etc. Close to shops, schools, hospital, doctors & bus service

to Melbourne. Breathtaking views, real country, yet not far from Melbourne. Fully furnished, all inclusive. \$120,000 ONO. Warburton. Ph: 059-665-636.

RED HILL ROAD, RAGLAN. Log cabin retreat set on 8 ac of natural bush. Two b/r loft. Solar power with generator & battery charger. SEC avail. Priced to sell. \$70,000. Further info. Ph: 053-497-259.

SOUTH AUSTRALIA

NOT READY TO ROUGH IT, but want to escape city life? Here's the ideal compromise. Comfortable roomy house in Riverland area country town. Abundant secluded permaculture garden, rich soil, lge shed with power. Local work easily avail, fruit picking, pruning etc. \$63,000 ONO. Ask for Suvama. Ph: 085-847-465.

TASMANIA

CHURCH, 12 sq inside, 1000 m² outside, Claremont near Hobart, school, shops, water sports nearby. Valued \$60,000. Exchange for land nth NSW. Expressions of interest. Church Ad, C/- PO Box 242, EUROA.

TASMANIA, EAST COAST, Mt Elephant, Upper Four Mile Crk via St Mary's. Original 25 ac homestead title, fertile soil, perm/crk, beautiful outlook, N/NE aspect, ocean view, converted barn, woolshed, private access, much work been done. Selling well under valuation. Price \$58,000. Ph: 003-725-419.

LOVELY COTTAGE on 2 ac in beautiful Meander Valley, near Deloraine, 3 b/r, wood stove heats HW fed from the mtns. Amazing views. Close to local school, hour's drive to Launceston. Neg low price. PH: 003-695-340.

NORTH-WEST COAST, 31 ac, private, beautiful forest, blackwoods, tree ferns, perm/crk, volcanic soil, backing onto state forest, 3 ac mature orchard/self-suff garden on permaculture principle, sheds, tanks, cottage, 10 min to town or beaches. \$60,000. Ph: 002-280-808.

BUSH RETREAT, 9 ac, 10 km west of Deloraine. Magnif views, dam & basic shack with s/c/stove & water heater, 4WD access, no power, good building sites. Surrounding area has lge number of musicians, artists & conservationists & a bartering scheme is running. \$21,500 ONO. Adrian after 6 pm weekdays. Ph: 003-449-730.

SOLAR EFFICIENT, 3 b/r, timber home with many features, total privacy, 14 ac bushland. Seven min to Cygnet, 50 min to Hobart, views of Hartz Mtn & Huon River. \$148,000. Ph: 002-951-840.

FREYCINET PENINSULAR on TAS sun coast, 50 ac, perm/crk, 22 sq house, TAS hardwood, 2 storey, slate floors, lge productive vegie garden, local markets, all round views, 10 min from Coles Bay & Freycinet Nat Pk. Power, ph, school bus, main rd frontage, private location. Priced for quick sale \$125,000 ONO. Ph: 002-570-206.

Please print your ad clearly so we can do likewise.

WESTERN AUSTRALIA

YORK, 5 ac of former wheat paddock situated 27 km east of town in a hobby farm subdivision. Fully fenced, rural land. \$15,000 ONO. Contact Sue, PO Box 104, INGLEWOOD 6052.

OPPORTUNITY to live in a delightfully quaint little cottage & run a successful business from home. Established wholesale cottage plant & herb nursery. Fully equipped & well stocked with quality plants. Great lifestyle, good clientele. Automatic reticulation from bore, new submersible pump. Good quality water, fertigator installed. Propagation house, hothouse & shadehouse. Good income, very satisfying work. Priced to sell at \$155,000. For further details please contact Anne-Marie Dineen, Innovative Horticulture, 20 Blackwood Ave, HAMILTON HILL 6163.

NEW ZEALAND

MASTERTON, NZ. Unusual f/hold house with studio. \$NZ63,000. Write 21a Mabel St, MARGATE 4019. Ph: 07-284-6480.

PROPERTY WANTED

WANTED, SOME LAND, have \$8000 deposit. Vendor terms, or community share land, nth Qld anywhere. 1/13 Garrick St, West End, TOWNSVILLE 4812.

LAND BETWEEN TAREE & Tweed Heads, within 1 1/2 hrs drive of coast. Ten+ ac with livable dwelling. Please ph Paul or Simone 03-434-5515 or write to us, 16 Davey Rd, MONTMORENCY 3094.

SNOW: TASMANIA, 100-500 ac above snow line with perm crk &/or river or lake. Forest/pasture mix preferred. Particulars to Coralie, PO Box 41, GERALDTON 6530.

FREEHOLD ACREAGE IN WILDERNESS area. East coast NSW or Qld. Must have clean perm stream & clearing for dwelling & house paddock. Cash to \$25,000. Particulars to Mr P Stock, 176 Langridge St, COLLINGWOOD 3066.

COMMUNITIES

SUNRISE FARM COMMUNITY, Buchan, Vic, 575 ac, adj Ontos Health Retreat & Murrindal Community, share \$1000. 2-3 b/r house, fenced irrigated organic garden area, productive orchard. Gravity water from huge dam. 10,000 gal r/w/storage. Solar lighting, small appliances. Combustion heat, stove, water, gas stove, fridge. Assessed, insured \$80,000. Sell \$68,500. Ph: 063-371-225.

STONE/WOOD COTTAGE near completion on 2 ac share. 'Blue Springs' community near Nimbin. Power avail. \$30,000. Ph: 066-285-401.

MOORA MOORA COMMUNITY, Healesville. Shares are still available, + houses for sale & opportunities to build on our 245 ha mtn top, 1 1/2 hrs from Melbourne. Write to: Denise Stevens, Membership, PO Box 214, HEALESVILLE 3777.

GRASSIFIEDS

COMMUNITIES

LILLIFIELD COMMUNITY, 330 ac beautiful land in hills between Lismore & Murwillumbah, 15 mins from Nimbin, hr from coast, fully approved by local council. Land is owned by an incorporated company but each member has shares giving entitlement to about 5 ac for private use. Members also share over 100 ac common land & use of community tractor & other facilities. There are a few shares available, some untouched sites, some dwellings. Prices from \$19,000. There is a Steiner School on adjacent land. Cats, dogs not permitted. Please write: Lillifield, Lillian Rock, Via KYOGLE 2474. Ph: 066-897-394.

NIMBIN 6 KM. An estab M/O with co title & council approval. This 2 ac site + 1/36 share in 198 ac of common land has a levelled house site with beautiful views of the Nimbin Valley, + a 30 ft caravan with a bathroom, gas stove & fridge. Surrounded by plenty of trees & native animals. Spring-fed dams & large community water tanks feed a reticulated water supply. Access to power & phone. Must sell, owner moved to Sydney. \$35,000. Ph: 066-891-509, or 02-545-3494 AH.

'MANY SLOPES', NEAR MIRIAN VALE, Central Qld, 1/17 share for sale. Holder is entitled to private use of 11 ac (inc tool shed, nursery, crk flats, ample water) plus communal use of 800 ac. Conservationist preferred. Ph: Steve 07-846-5828.

CRYSTAL WATERS PERMACULTURE VILLAGE. One ac freehold land & house available on this growing rural Group Title development. 500 ac of forested & arable common land for sustainable uses. Contact: Crystal Waters Community Co-operative Ltd. M/S 16, MALENY 4552. Ph: 074-944-620.

KYOGLE, 1/25 SHARE in 960 ac, 10 ac share, fruit trees, spring water, gravel access, lovely views & privacy. \$30,000. Ph: Tracey, BH 066-221-020, AH 066-243-792 or PO Box 492, LISMORE 2480.

WADEVILLE, NEAR NIMBIN. Join an environmentally concerned community, 360 ac of mainly forested land, all weather roads, gravity-fed water, lge crk with swimming holes, close to Steiner school, choose from 2 ac+ from \$14,000. Ph: Jenny 066-221-231.

VIA KYOGLE. Little, lovingly-built, council approved, hexagonal house, perfect for single woman. Big barn/studio, perfect for artist/artisan. Tiny, almost built guest space. Bearing fruit trees & temperate r/forest. Secluded but within 25 share functioning community. 960 ac creek valley, 10 ac private holdings & 700 ac commons & wilderness. I've moved to a bigger house & household in the same community. Price & terms neg around \$45,000. Ph: 066-333-133.

ONE-THIRD SHARE on peaceful 63 ac property adj to nat pk, 70 km west of Mackay, prospects for fruit plantation, cereals, aquaculture, cottage crafts. Crk, spring, dam, house sites with magnificent views, secluded. \$19,000. 'Palmcreek', PO Box 68, FINCH HATTON 4756. Ph: 079-583-123.

BALINGUP, SOUTH-WEST WA, brick 4 b/r house, set in peaceful valley in small community, close to schools. \$39,000. Ph: 097-219-559, 097-213-018.

TEA GARDENS, NSW. Guy wishing to develop permaculture community on 100, lightly forested acres. Seeking people to share in this dream. Ph: 02-816-5595. 4 Evan St, GLADESVILLE 2111.

NIMBIN TEN MINUTES, 26 shares on 300 ac paradise. Estab community, building site, small caravan, wooden annexe, water, 12V elec, power avail. Peaceful, beautiful views, swimming hole, rainforest. For sale to spiritually & environmentally friendly person(s). \$17,500. Ph: Eileen 03-557-4676, Kathie 066-891-643.

FOR RENT

EUROA (VIC) DISTRICT, Federation style large home on 10 ac in picturesque valley. Perm/crk frontage, fenced for horses, sealed rd, school bus, ph, SEC. Large garden to be maintained. Responsible, caring couple/family with refs preferred. \$120 pw, avail for 2 years. Ph: 057-903-253.

SHARE TWO BEDROOM terrace house in Leichardt. Own furnished room, 5 km to heart of Sydney, \$80 p/w + bond & expenses. For all enquiries ph 02-550-0079, Warren.

HOUSE FOR REASONABLE rent on organic farm & angora stud. Some work avail if required. PO Box 155, UBOBO 4680. Ph: 079-741-267.

FREE RENT ON ACRES outside Sydney area for sensible, mature minded, house clean, single woman or sole parent. Duties would include light indoor/outdoor work & minding 4 yo boy. Could lead to employment opportunity in the establishment of a nursery. Hard work, but long-term. Interests in animals & gardening an advantage for an active person. Nonsmoker, no drugs & no pets please. Ph: 02-629-3769, or write to PO Box 13, KELLYVILLE 2153.

WOOD CABIN, WOOD STOVE, solar HW, bath & shower rooms, enclosed laundry, tank & crk water, good soil, 30 km nth Toowoomba. \$45 p/w + bond. Also caravan similar things \$25. All on 130 ac with owner. New Age people very welcome. Ph: 076-979-237.

PERSON 21 PLUS to share new brick home on 7 ac near Nanango Qld. The house & area would suit someone that wants to grow own vegies etc. No slobos or ragers thank you. \$60 p/w. Ph: 07-391-5496, or write PO Box 136, NANANGO 4615.

MORNINGTON PENINSULA. Stone cottage in bush setting. S/c stove, limited solar power, ph. \$80 p/w + bond. Ph: 059-788-356.

WANTED TO RENT

QUIET, RELIABLE COUPLE, one child, require long-term rental, from June 1993. Prefer older home, 2/3 b/r with large garden needing TLC. Any coastal town between Tathra & Ulladulla considered. Have owned business for 6 years, seeking quieter pace. Ph: 057-281-179 AH.

TWO RELIABLE FAMILIES wish to long-term rent/lease with option to buy small farm with 2 dwellings or house & potential dwelling/shed. Area between Noosa & Sydney. Noncomm, self-suffic farming with potential for coffee/art shop near tourist area or city. Close to crk, dam or water. Please ph: 07-409-5532/409-5339.

WANTED

WANTED: HONEST, RELIABLE person to live on grazing property 20 mins from Murgon, SE Qld. Board & lodging in return for light household & farm duties. May also consider part wage on mail run for right person. Must have sense of humour, like children, n/s & n/d. No Christians or vegetarians preferred. Write to W & M (GR 95), C/-PO Box 242, EUROA 3666.

NATIVE PLANT MATERIALS. Wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Large quantities preferred. Good prices + freight paid. Contact: Peter Hunt, PO Box 53, NORTHCOTE 3070. Ph: 03-482-2677.

MATURE PERSON requires position GR property, caretaking or general help. Bundaberg, nth area, references. Land (GR 95), C/-PO Box 242, EUROA 3666.

WANTED, ONE COMPLETE SET of *Open Mind* publications - 13 books in series. Published in WA late 1960s, early 1970s. Contact Anne, PO Box 270, MUSWELLBROOK 2333.

MATURE PERSON WISHES to correspond with GR persons interested in purchasing 1/2 share in small acreage if compatible. Land (GR 95), C/- PO Box 242, EUROA 3666.

BUSINESS FOR SALE

NEW ENGLAND AREA, near Glen Innes, NSW. General store & PO agency, in a growing village. Comfortable 3 b/r home on 3 ac. Price \$150,000. Ph: 067-333-226.

NATUROPATHIC CENTRE, attractive & prosperous. Main St opposite beach in busy commercial & holiday town. Est 9 yrs. Next to well known health food store. Est 26 yrs. Eight practitioners practising NATUROPATHY, HOMOEOPATHY, MASSAGE, ACUPUNCTURE, KINESIOLOGY, YOGA, REBIRTHING & REIKI. Suite also includes studio room for classes/lectures/workshops. Excellent parking, fully stocked, long lease available. A successful & growing business with over 5000 patient files. Ph: 059-867-799 or 059-886-750.

MISCELLANEOUS

50 GR ISSUES for sale. 21, 22, 25-28, 37-80. \$120 including postage. Ph: 076-762-202.

ALOE VERA BASED soaps, shampoos & skin care products, the finest in Australia bar none. For a catalogue send \$2 to Anthony at 4 Hercules St, WOLLONGONG 2500, or ph: 042-288-464.

GRASSIFIEDS

MISCELLANEOUS

MASSAGE TABLE, portable, sturdy, lightweight, excellent cond. \$150. Ph: 071-283-704.

LISTER DIESEL GENERATOR SET, run house or solar back-up. Excellent condition, \$500 just spent on generator (receipts avail). \$2700 ONO. Ph: 076-679-203.

HANDMADE SOAP, CREAMS, salves, candles, using Australian oils. Over 30 different products, resellers welcome. SAE to Forest Edge, 242 Albert St, MARYBOROUGH 4650.

FOR SALE, FOWLERS JARS, all sizes, cheap. Back issues of GR, 1-9 (no 6 missing) \$10 each. 10-72 (nos 25, 26, 30, 70 missing) \$2 each. Ph: 002-346-608 or 002-784-960.

LOW SPEED GENERATORS for windmills, water turbines, steam engines. The definitive book: *The Homebuilt Dynamo* (1987), 182 pp, 8 1/2 x 12 in hardback. Generator design and construction with ceramic magnets. Complete plans, 268 photos, step-by-step construction details. Postpaid airmail \$85, brochure \$5 refundable. For more info write Todd-Forbes Publishing, PO Box 3919, AUCKLAND NZ.

CHIP HEATERS. No elec needed for instant hot water, operates from town or tank water supply. Enq: Ray Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph: 060-263-621.

AUSTRIAN LEAD CRYSTALS. The original rainbow generators, finest quality crystals, 38 shapes incl spheres, teardrops, pendulums, octagons, hearts & more. Hang in sunny windows for dancing spectrum rainbows. Send SAE for catalogue. Wholesale enquiries welcome from shops & marketeers. Thora Trading, 'Patanga', Darkwood Rd, THORA 2454. Ph: 066-558-668.

SCIENCE FICTION, sorcery, warriors, ancient history, books, comics, free catalogue. S Owen, PO Box 92, ISLINGTON 2296.

SELF-HELP FOR LONG-TERM & serious illness: Aerox oxygen tonic. For info & orders (minimum \$30), write Plainain Park, PO Box 142, CRESWICK 3363.

SERVICES OFFERED

TWELVE VOLT AUTO generators, alternators, regulators, wiring, applications, power outputs. Best brands to buy. Do's & don'ts. Send \$10 for the required info to T & M Applicators, PO Box 408, BRIBIE 4507.

70 PLANS FOR HOMES OF mud brick, rammed earth, stone & pole frame construction (160 pages). Mail \$45 for *The Earth Builders Construction Detail & Plan Catalogue* to John Barton Building Designer, 31 Sharp St, GEELONG 3220. Ph: 052-224-249 for fixed quote to draw/document your home plan.

ALEX MUD BRICKS, estab & here to stay. Load bearing or in-fill test certificate for shire. Pressed on site we can supply your transport. We deliver banded. For bricks that don't dissolve. Ph: 052-435-182, mobile 018-522-229.

DEADLINES: GR 96 - FEBRUARY 19TH
GR 97 - APRIL 23RD

THE PRIMAL PLACE. The transpersonal perspective holds that there is an essential unity underlying the diversity of humanity & the material world. The transpersonal vision is one in which compassion, love & responsibility are experienced for all forms of consciousness, & a global ecological vision of all life. The transpersonal experience enables us to contact & integrate aspects of ourselves & discover whatever dormant ability & potential that is unique to you but have lost touch with. Rediscovering those lost aspects of ourselves that continually intrude & spoil our enjoyment, pleasure & success of our own lives can bring about a profound & deeply meaningful state of 'being'. A new sensory awareness. A new consciousness. There is another way to 'be'.

Those repressed aspects of ourselves inordinately effect us all of our adult lives & are expressed in other ways: discontentment, depression, anxiety, fear, nervous habits, isolation, loneliness, obsessional work & projects, use of drugs, aggression, anger, sexual dysfunction, inability to assert oneself, inability to relax & feel real pleasure. And in our r/ships. They also show themselves in a multiplicity of chronic psychosomatic complaints. We can be in a constant search, always in the wrong places.

The transpersonal dynamic experience enables us to find the pathway along the sacred corridors in the realms of the human unconscious to the gateway of personal transformation. Sooner or later we each must face ourselves honestly. Who we are. Where we came from. To what are we travelling towards. The Primal Place, 44 Curnow St, GOLDEN SQUARE 3555. Ph: 054-413-683.

ASTROLOGICAL FERTILITY CHARTS. Find out your monthly period of maximum fertility. 3 years personal calendar (lunar-phase cycle). For more info, Astrobe Charts Service, PO Box 1262, COFFS HARBOUR 2450. Ph: 018-665-605.

NUMEROLOGY PROFILES. The Profiles describe your life path, Karmic lessons, challenges, birthday & much more. You hold the key to your personality with your birth date, birth name & current name. Send \$20 per report incl definitions. Send your details to Ben Bassey, 42 Thora Rd, THORA 2454.

BIORHYTHM CALENDARS. Daily predictions in calendar form. \$2 per month or \$20 for 12 months. Name & date of birth required. Send your details to Ben Bassey, 42 Thora Rd, THORA 2454.

BIORHYTHMS FOR YOU & your partner. Comparisons charted in calendar format with statistics & extended plot. Send \$20 with names, date of birth, if not Australian AM/PM & country to: PO Box 25, PARKES 2870.

PLACING AN AD?

See page 70 for details.

GRASS 73 ROOTS

FOOD AND KITCHEN

POLLEN, no additives. 450 g sample pack \$9, 1.9 kg pack \$32.50, 4.7 kg pack \$65. Prices include p&p. J M Read, 8 River St, MURRAY BRIDGE 5253.

FOOD DEHYDRATORS, home use, commercially built, large capacity, 4 ft high, 18 in wide, stainless steel interior, fan forced air flow system, thermostatic controls, \$850 ea. Ph: 059-788-510.

HOME STONE FLOUR MILLS - mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-795-2725. Distributor enquiries welcome.

GARDEN & ORCHARD

SEEDS: ETHNOBOTANICALS, FRUITS, nuts, gingers, bamboos, natives, etc. Over 400 species. Personal collection ensures viability. For list send SAE to Fruit Spirit Botanical Gardens, DORROUGHBY 2480.

EARTHWORMS, the 'speedy breeder compost worm' revolutionises your compost & transforms your garden. Just \$15 per 1000 worms. Price includes postage Aust wide & pamphlet on worm care. Wholesale prices \$35 per kg & freight. Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633.

TREEGUARDS, all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. I.R.S., BRUTHEN 3885. Ph or fax: 051-575-562.

'THE SEED SAVERS' HANDBOOK' by Michel & Jude Fanton. \$25 post pd. See turmeric article this issue. PO Box 975, BYRON BAY 2481.

EARTHWORMS, IMPROVE your soil providing healthier plants, crops & FREE fertiliser. Contact us for FREE info on worms, breeder kits & the most comprehensive publication list available on this subject. WORM WORLD, PO Box 14GR, NORTH CAIRNS 4870. Ph/fax: 070-581-891.

TOBACCO SEED. Organically grown (Virginian), cultivation & curing notes incl. Send \$5 to Lyn O'Brien, C/-PO, BARMAN 3639.

COMPANION PLANTING CHART. Over 90 vegetables, herbs & fruits, incl plants as insect repellants. SOW WHEN CHART. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order. \$5 each + \$2.50 p&p (up to 5 copies). Plum Products (G), RMB 2907, BRUTHEN 3885.

EARTHWORMS, \$15 per 1000. Nature's own soil conditioners. Ph: Grant 09-401-4949.

HONEY LOCUST SEED. Propagate your own, \$10 packet, 60 seeds, postage & info incl. Yarralaw Shade & Fodder Trees, Yarralaw Rd, BUNGONIA 2580.

NO POISONOUS CHEMICAL in 'Stay-Away' natural spray crystals. For home gardens. Makes 3 litres. \$5 posted. Hydroloom, Box 916, MAROOCHYDORE 4558.

GRASSIFIEDS

PUBLICATIONS

'AUSTRALIAN HERB INDUSTRY Resource Guide'. For the first time in Australia, a comprehensive networking guide for professional & recreational herb growers & users, or anyone who needs to find anything herbal – plants, seeds, courses, publications, herbal products, essential oils & craft materials, display gardens, fresh-cut & dried herbs, societies & more. Cost \$15 + \$3.50 p&p from 'Focus on Herbs' magazine, PO Box 203, LAUNCESTON TAS 7250.

EARTHWORMS, LANDSBOROUGH Earthworms can supply any quantity anywhere. Full info provided regarding cost & care. Contact us at 38 Maleny Rd, LANDSBOROUGH 4550, or ph 074-941-512.

GOURD, FUN, GARDENING, specialising in seeds, books, magazines, fresh & dry gourds for craft, birdhouses, musical instruments. Friendly, caring, personal & efficient service. For info send 2 stamps to the Aust Gourd Club, 187 George St (GR), EAST MAITLAND 2323 or ph 049-336-624.

HYDROPONICS. For all your hydroponic requirements, lighting, nutrients incl 100% organic bat guano (liquid & powder), water absorbing crystals, tree bags that automatically water up to 2 weeks, + portable grow rooms. Contact Gippsland Hydroponics, 8 Station St, PAKENHAM 3810. Ph: 059-413-590 BH, 059-432-342 AH.

LIVESTOCK

HAFLINGER HORSES, 2 attractive geldings, registered HHSA, 4 & 12 yo going well. Pongaroo Park Haflinger Stud. Ph: 062-359-179.

ENGLISH LEICESTER rams suitable for home spinning wool & breeding, Nov shorn. \$150. Ph: 058-290-188.

COLOURED ANGORA GOAT herd, reasonable price for good home. Ph: 065-647-739.

RARE OUTDOOR PIGS. Wessex Saddleback, weaners & breeding stock available. Contact E & H Clare, PO Box 546, CABOOLTURE 4510. Ph: 074-968-271.

GERMAN, FRENCH & ENGLISH angora rabbits for sale. As seen on the 'Today Show'. Also angora & alpaca fibre. The Angora Rabbit Farm, YEOVAL 2868. Ph: 068-464-039.

OPPORTUNITIES

BEAT THE RECESSION, become self-employed, part time or full; the direct sales industry may be the way out for you. For more info ph: 042-288-464.

EARN UNLIMITED INCOME AT HOME filling envelopes. Full assistance given. Send SAE to Sales Unlimited, PO Box 14GR, NORTH CAIRNS 4870.

LARGE CARAVAN ACCOMMODATION in exchange for labour, peaceful Hunter Valley bush block, share incomplete house with 2 others. Prefer vegetarian, n/smoker. Ph: 049-382-036, 049-343-455.

PLACING AN AD?

See page 70 for details.

1972 BEDFORD MOBILE HOME (330 diesel), awning, standfast annexe, m/bike rack, A-frame, CB. Home for a family of 4 for 3 years. Prof fitted stained marine ply, full size, d/bed/bunks, oodles cupboard space, mechanically sound. M/wave, TV, video, freezer, fridge, stereo to go. \$18,000 ONO, all swaps considered. Ph: Den 071-277-196 or 008-622-577.

START YOUR OWN HOME based business selling very popular 'how to' books. Turn \$400 into \$1000+. No door-to-door or personal contact. Suit ages 18 to 80. Ideal part time or full time business for anyone wanting to increase their financial situation. Write for info to B Powell, 21 Holme St, CORDALBA 4660.

YULUNGA (HEALING CENTRE) seeks committed co-workers for active involvement establishing healing centre/community. Approved M/O development in secluded rural setting. Presently offering attitudinal healing workshops & professional rebirther trainings. Other activities envisaged (permaculture, publishing). Send SAE for details or workshop/training programme. Yulunga, KYOGLE 2474. Ph: 066-897-231.

AMAZING NEW INVENTION that will save you money & make you money. Your opportunity to operate a MLM business, that doesn't require a great effort. Home-operated, personal or direct mail contact. Product will sell itself once people are informed. Please send your name & address for a free info booklet that will open the door to a brighter future for you in this recession. E M Havers, 118 Wandearah Rd, PORT PIRIE 5540.

OPPORTUNITY AVAILABLE FOR genuine, motivated & committed person(s) to caretake/live on beautiful property. People with interests in organics, permaculture, soil regeneration will find this the perfect opportunity to practise their skills. The property is located in central western Victoria. The house (double storey timber & mud brick) is located on 15 beautiful acres surrounded by state forest. Property is available immediately. Please write in first instance to: Owners, C/-24 Barwon Ave, RESERVOIR 3073.

HARD WORKING COUPLE are attempting to establish a landscaping/nursery supply business on acres outside Sydney. There is the opportunity for a paid position when established. In the meantime, rent-free, ex-lge room, own facilities avail in exchange for light indoor/outdoor work & minding 4 yo boy. Would suit sensible, mature minded, house clean, single female or sole parent with interests in gardening & animals, n/smoker, n/drugs, no pets please. Ph: 02-629-3769, or write to PO Box 13, KELLYVILLE 2153 (or both).

HOLIDAYS

ELOUERA RETREAT CENTRE, enjoy doing your own meditation. Retreat surrounded by beautiful nat pk in lovely home, share experiences & healing with others. Bring vegetarian food to share. \$15 per night, share or double room. 2 hrs drive from Melb. Ph: 03-762-1593.

RAINFOREST RETREAT, tranquillity & absolute privacy, adjacent state forest, excellent bushwalking, self-contained cabin, 18 km to Pacific Hwy. Healthy meals, camp oven cooking, guided walks, info on vegetation on request, gorgeous unknown spot. \$35 per person per night twin share, \$22.50 per night (4), \$20 per night (6). Write to Barry Debitt, Rainforest Retreat, Deep Creek Rd, HANNAM VALE 2443. Ph: 065-567-691.

BUNDABERG, SUNNY QUEENSLAND, country accommodation on working farm. Share comfortable home with hosts, enjoy farm activities, bushwalks. On interstate coach route, local bus to door. Simple lifestyle. B&B \$15, backpackers \$10 per night. Casa Shankara Angora Stud, M/S 368, GIN GIN 4671. Ph: 071-574-269. Bookings recommended.

CENTRAL QLD, country cottage on 20 ac, 1 km to hwy, 4 km to beach, quiet rural area. \$100 pw neg. PO Box 655, MANLY 2095. **SE QLD COUNTRY** accommodation. Women only. Your chance to experience self-sufficient living before you take the plunge, \$50 pw or \$10 per day. Ph: Lyn 074-841-261, 6.30-8 pm for details.

NATURAL HOME HEALTH care haven. Situated in a quiet rural bushland setting in the foothills of the Border Ranges of ntn NSW. Featuring: healthy lifestyle education, nutritional instruction, food preparation, vegan dishes, raw juice cleanse & detoxification programme, colonic therapy, steam baths, ensuite bedrooms, comfortable accommodation. The Retreat, GREVILLIA 2474. Ph: 066-364-275.

GRASS ROOTS ACCOMMODATION, bushwalkers delight, horse riding close by. Completely self-contained. 'Attunga', GOLDEN VALLEY 7304. Ph: 003-695-172.

LA MANCHA HEALTH CENTRE, Lismore. For help with obesity, stress, chronic fatigue, blood pressure, dietary problems, etc. Vegetarian meals, motel-like accommodation, pool. Massage & hydrotherapy treatments available. \$390 single, \$590 double per week. For brochures ph: 066-295-138.

COURSES

ORGANIC GARDENING by correspondence runs 6 months covering every aspect of gardening with nature. Enq write Denise Goldsmith, 77 Brooklands Dve, BEAUDESERT 4285.

MAKE FRIENDS WORLDWIDE – learn at home the international language Esperanto. Personal postal tuition from \$23, info free. John Moore, 7 Pelican St, EMU PARK 4702.

GRASSIFIEDS

COURSES

PERMACULTURE TRAINING: learn practical skills to select & create your own **PRODUCTIVE, INTEGRATED, FUNCTIONAL & LOW MAINTENANCE PROPERTY.** Site tours of innovative properties at the world's first ecological village are a prominent part of these certified courses. Tutors: Frances Lang & Max O Lindegger, directors of Eco-logical Solutions Ltd, educators of 2500 people internationally & designers of 700 farms & rural properties. Dates: May 2-15; June 6-19, Oct 3-16; Nov 7-20; Jan 9-22. Info: Green Harvest, 52 Crystal Waters Permaculture Village, MS 16, MALENY 4552. Ph: 074-944-676.

PERMACULTURE DESIGN COURSES '93, temperate regions. Sat 10th - Mon 19th April, Fri 4th - Sun 13th June. Venue: 'Willuna', Chiltern, NE Vic. Tutors: Vries & Hugh Gravestein. Contact V Gravestein, RMB 1130, CHILTERN 3683. Ph: 057-261-596.

YOGA, BEGINNERS integral correspondence course, books, tapes. Write to Arya Bhakta School of Yoga, PO Box 283, WANNEROO 6065.

HERBAL MEDICINE. The School of Herbal Medicine, estab in Australia in 1985, offers a one year home study course. For details write to PO Box 5310, TOOWOOMBA 4350.

STUDY AT HOME BY correspondence. Earn professional diploma & certificate qualifications for career & family use. Select your **FREE** brochure from: aromatherapy, psychic healing, personal psychic development, safety & security counselling, Wicca. New course, the Green Vet (cert course - domestic & farm animals). Wiccan Home Studies (est 1970), PO Box 138, SURRY HILLS 2010. Ph: 02-319-6166 BH.

CLUBS

PERMACULTURE IN THE Northern Territory. For info about Darwin meetings & social get-togethers write to PO Box 2997, DARWIN 0801, or phone Carolyne 089-832-308. The Katherine Permaculture Assoc meets on the first Sunday of the month. Ph: Roger 089-723-839 or write to PO Box 937, KATHERINE 0851.

INTERNATIONAL PENFRIENDS caters for everybody, everywhere, doing everything under the sun. For more info send SAE to IPF, PO Box 3, ROZELLE 2039.

AUSTRALIAN HERB SOCIETY. Members receive quarterly magazine, seed from seed bank free, access to tape lending library. Write: The Secretary, PO Box 110, MAPLETON 4560.

NATIONAL ALLERGY ASSOCIATION of Aust (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

If you doubt the wisdom of replying to any ad - trust your intuition.

**DEADLINES: GR 96 - FEBRUARY 19TH
GR 97 - APRIL 23RD**

CALENDAR EVENTS

SPRING BULB DISPLAY, March 4-29, at Gardenworld, Springvale Rd, Keysborough, Vic, Melway ref 88 H 12. Includes cultural advice, brochures, demonstrations & bulbs for sale. For more info ph: 03-798-8095.

NATURAL FIBRE AWARDS July 1993, part of the Mudgee Small Farm Field Days. Classes provide for a wide range of textile crafts in garments, accessories & fabric. Schedule available from Joy Rae, PO Box 106, GULGONG 2852. Ph: 063-742-057.

HEALTH & ECOLOGY, a Nursing Perspective, national conference for all health sector personnel interested in the links between health & environment. Held in Melbourne on 25th & 26th March 1993 at the Melbourne Hilton on the Park. For all enquiries & further info contact the Secretariat, Convention Network, 224 Rouse St, PORT MELBOURNE 3207. Ph: 03-646-4122.

GROW ORGANIC '93. 6-8 March (Labour Day Weekend). McMillan Scout Camp/Stratfieldsaye, Near Sale, East Gippsland. Topics: permaculture, homoeopathy & organics, soils, organic dairy farming, agroforestry, aquaculture, commercial vegetable farming. Speakers from 3 certifying groups: National Assoc Sustainable Agriculture Aust, Biological Farmers Assoc, Biodynamics. For info: East Gippsland Organic Agriculture Assoc Inc, PO Box 1263, BAIRNSDALE 3875. Ph: 051-571-586 or 051-444-396.

HANDCRAFTS

HANDCRAFTED AND DESIGNED crystal jewellery. Austrian lead crystal & rock crystal. Different shapes, sizes, colours, gift boxed & catalogue available. Wholesale orders welcome. Send long SAE. Buy Direct from: L Hughes, RMB 2880, Via Myrtleford 3737. Ph: 057-535-268.

ESSENTIAL OILS, POTPOURRI & natural products - for all your aromatherapy & fragrant craft work. We are the manufacturers & suppliers of raw materials for making massage oils, soaps, cosmetics & household products. Our extensive range includes: 100% pure & natural essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, pottery & containers. Buy from us direct, small or bulk sizes & save with our low prices. Write for free mail order catalogue to: Auroma, 39 Melverton Dve, HALLAM 3803. Ph: 03-796-4833. Fax: 03-796-4966.

FLEECES, NATURAL COLOURS, for spinning & crafts, a wide variety available. For a free directory of growers send long SAE to the Black & Coloured Sheep Breeders' Assoc (SW Region), C/- PO Box 295, DRYSDALE 3222.

ENVIRONMENTALLY SAFE household & body care products. Buy direct & save on fragrant oils, potpourri, skin care creams, essential oils, massage oils, healing crystals, fairy crafts, New Age books & tapes & much more, including special offers & free gifts! All products are 100% money back guaranteed! Orders over \$50 are post-free in most states. Discover how to earn extra income by becoming a Peppercorn party plan presenter. For a free 28 page catalogue write to Peppercorn, PO Box 416, BORONIA 3155. Ph: toll-free 008-338-194, or 03-762-9798. Wholesale enq welcome.

THREAD BUNDLES, Stranded cotton in bundles of 100, 8 m skeins in assorted colours, \$29 post-free in Aust. Bankcard, Mastercard, Visa, money orders & chqs. Excel buys for schools, weavers & needleworkers. Arty & Crafty, PO Box 40, DAW PARK 5041.

WEAVING LOOMS. Lightweight 20 cm (8 in), 4 shaft sample loom specially designed for students, advanced weavers. Fully assembled with 4 reeds. 8, 10, 12, 15 dent. \$135 + postage/freight. Arty & Crafty, PO Box 40, DAW PARK 5041. Mastercard, Visa, Bankcard, cheques.

POTPOURRI & SACHET SUPPLIES: The Australian company with a traditional flavour. We buy direct from source & manufacture ourselves to offer the best in Australia at the lowest prices - craft & decorator potpourri, flowers, fragrant oils, books & a range of quality Aust made fragrant gifts. Write for free mail order catalogue. PO Box 53G, NORTHCOTE 3070. Ph: 03-482-2677. Fax: 03-481-1393.

AROMATHERAPY OFFERS a natural way to uplift the spirit, refresh the mind & rejuvenate the body, helping you to reach your full potential in a healthy, balanced & sensual lifestyle using 100% pure essential oils. Eden Aromatics has all of your aromatherapy needs including regular demonstrations of the 'In Essence' range of products. Eden Aromatics also offer a wide range of products for a more natural life, including lamps & lanterns, wind-chimes, bells, fragrant cones, slicks, oils & candles, air fresheners, wood polish, leather conditioner, lamp oils & much more. Phone or write for a full price list & postal info. Eden Aromatics, 14 Station St, PAKENHAM 3810. Ph: 059-413-698.

HOMESPUN, HAND-KNITTED jumpers & wool lots, made by 'Ow's Spinning & Artifacts'. Orders taken. 15 Gordon St, CULCAIRN 2660. Ph: 060-298-790.

PUBLICATIONS

'THE SEED SAVERS' HANDBOOK by Michel & Jude Fanton, newly released, \$25 post paid. See turmeric article this issue. Box 975, BYRON BAY 2481.

'SEPTIC TANKS' How to Install, Build & Maintain an Existing One, easy-steps booklet. Don't desludge, treat the cause not the effect. \$20. H G Stephens, C/- PO Box 18, EAST MELBOURNE VIC 3002. Ph: 03-510-3192. 066-49-2704.

GRASSIFIEDS

PUBLICATIONS

'GRASS ROOTS' Vols 6-36, *Vegie Gardener's Companion*, & *Earth Builder's Companion*; also *The Owner Builder Magazine*, Vol 1-5, 7-20, 22-24, in excel condition. What offers? P&p at cost. Derek, PO Box 224, MAYLANDS 6051.

RADIONICS NETWORK NEWSLETTER. Share your research with others on nonchemical treatment of orchards, animals or backyard vegies using radionics or dowsing. Subscribe \$12, 6 issues pa, cheque or money order to: Noel Eastwood, 98 Tallyan Pt Rd, BASIN VIEW 2540. Ph: 044-434-591.

'HOW TO UNDERSTAND YOUR DREAMS'. This book will teach the reader something about his/her dreams. The book analyses actual dreams & explains what you can find out by your own dreams. Fascinating & interesting. \$14.95 plus \$3 postage. For more info write to S Miller, PO Box 995, SANDY BAY 7005.

'THE COMPLETE AUSTRALIAN BUSHFIRE BOOK' internationally acclaimed, by Joan Webster. The definitive work on bushfire safety for the householder, 300 pp, illustrated, approved by all fire authorities. \$35 post paid. Now avail from, Freelance Features, PO Box 391, BLACKBURN 3130.

'CHOOK BOOK': 32 original drawings of chook (mis)behaviour. Have a chuckle with a surfing chook, fall off the perch with a klutz chook, put your head in the clouds with Amelia: \$12.30 post paid. Kay Hopwood, PO Box 246, MACCLESFIELD 5153.

'NIMBIN NEWS' is a co-operatively run access magazine with articles & info from Nimbin & other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are the longest running alternative magazine & the Nimbin bio-region is at the forefront in the development of sustainable systems. As networkers we scan many magazines for suitable & scarce info for our readers. Subscription: 12 editions for \$25. PO Box 209, NIMBIN 2480.

'NEXUS NEW TIMES' magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$15 pa. Nexus New times, C/- PO, MONTVILLE 4560.

'AUSTRALASIAN HEALTH & HEALING'. Journal of alternative medicine. Australia's major health care quarterly, emphasising self-healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, \$4.95 ea, & by subscription, \$19.80 or \$26.30 with Health & Healing Newsletter per 4 issues (1 yr), \$38 or \$50 with Health & Healing Newsletter per 8 issues (2 yrs). Write: Australasian Health & Healing, 29 Terrace St, KINGSLIFFE 2487.

DEADLINES: GR 96 - FEBRUARY 19TH
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INTERNATIONALLY BEST SELLING BOOKS on motivation, self-help & money making opportunities. Free catalogue: S Miller, PO Box 995, SANDY BAY 7005.

'ALTERNATIVE PLANS & PRODUCTS', 5th edition catalogue 1993. The 5th edition of this popular catalogue is now avail. The catalogue contains a comprehensive listing of books, booklets, plans & infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing plans, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle construction plans, growing plants for profit, solar powered water pumps, water purification, biological building, chemical hazards, earth energy fields & geopathic stress, infrasound, vivaxus bands. Other titles include steam engine generator construction plans, methane gas generator plans, electric vehicle conversion plans for conventional cars, fuel cell construction, solar ovens & water heater plans, solar furnace, vortex tube heat & cold generator plans, free energy machines & magnetic engines & generators, composting toilets, specialised house construction methods. Remote home power installation & comprehensive water desalination methods, polywater & the coanda effect & many other recent developments are covered with this edition. Prosperity from a pittance or 'How to live on less than \$30 a week' is an eye-opener with many clever ideas for a sustainable, ecologically balanced future! For the *Alternative Plans Catalogue*: Send \$5 to Alternative Plans, PO Box 487, ASHGROVE 4060.

'THE MAGIC GARDEN' & other books on herbs & Celtic rituals by Rhiannon Ryall published by 'Broomtail'. Send for our catalogue of books on herbs, healing, spiritualism, animals, magic etc. An exciting list of mail order books from Broomtail Books, PO Box 62, LONG GULLY 3559.

'THE OWNER BUILDER MAGAZINE'. Want to be a successful owner builder? The *Owner Builder* magazine has plans, money saving ideas, advice & articles on successful owner builders. The *Owner Builder* magazine is avail from newsagents or by subscription. \$21 for 6 issues. For more info write PO Box 974, BENDIGO 3550.

'THE STOCK SADDLE', a how-to-do-it book on making repairing & counterlining your stock saddle, by Ron Edwards. \$15 posted from Night Owl Publishers, PO Box 242, EUROA 3666.

FREE SAMPLE COPY: of full colour, 60 p, quality textile magazine *Textile Fibre Forum*. This publication covers all textile arts in the Australian region & incl NZ plus an international component. Subscribe for \$17.50/yr, or send NOW for your free sample issue to PO Box 38, THE GAP 4061. A truly exciting magazine.

BOOK: 'HOW TO LIVE - FREE AT LAST'. With no guarantee now that mortgages can ever be repaid, live in frugal luxury with a vehicle for \$28 weekly on 1 ha. Spend only 2 hrs working on backyard life support systems & in your food forest, created by planting 4 trees monthly incl natives, many outside front fences. Choose a site wisely, afford a \$16,000 kit home. Liberate yourself from boring drudgery into a Great Escape lifestyle of relaxed creativity with cleverly reduced housework & sustainable home engineering - even in a flat. Generate ingeniously cheap sun power to drive all appliances, incl fridge. Run a motorbike without licence or rego. Re-use all waste: never buy paper, make origami envelopes, rapidly create free toys, jewellery, presents & furniture. 'Produce 'champagne' in 5 days & preserve fruit in water only, solar-drying excess food on galvo. Be your own bush doctor. Easily survive disasters. Start saving the world - in your backyard. It's simpler to save \$1 or 1 kilowatt than to create them. Create incomes at home much easier than finding a job. Question, jack up against & don't be intimidated by bullying, unjust authorities. See how, without awareness or adapting, straight society has become fringe. Seek like-minded sharing, caring folk. Save \$150 weekly on the dole...All in a big, well illustrated home-published \$35 text from Pat f Howden, Cone St, MACLEAY ISLAND 4184. Later why not visit our open home. Ph: 07-409-5100.

READ ABOUT THE FUTURE OF mankind in *This is My Word*, a Christ-Revelation which this world does not know. Universelles Leben, Dept 16/9, Postfach 5643, 8700 Wurzburg, GERMANY

DONKEY SOCIETY OF AUST, for info on magazine subscription, publications, books & the care of donkeys. Contact: DSA, C/-Mrs Pam Newton, PO Box 63, HURSTBRIDGE 3099.

'AUSTRALASIAN SURVIVOR', the magazine that prepares its readers for the fast coming hard times. \$2 for sample. PO Box 39, BARKER CENTRE 2603.

'NZ POULTRY & GAMEBIRD' magazine covers wide range of poultry, waterfowl, cage birds, pigeons, conservation, breeding, nutrition, free range eggs & many more in-depth articles. Subscriptions \$A33 airmail, samples \$A5 ea. Personal Aust chqs accepted. For more info write NZ Poultry & Game Birds, PO Box 5070, NEW PLYMOUTH NZ.

'THE PERMACULTURE EDGE', magazine for current info on applied permaculture worldwide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

NUMEROLOGY, ASTROLOGY, SELF HYPNOTISM, MOTIVATIONAL BOOKS. Accredited authors. Send for FREE catalogue. Martin's Mail Order Books, 30 Loretta Ave, CAIRNS 4870. Ph: 070-332-940.

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PUBLICATIONS

BOOKS ON FARMING yabbies, ostriches, deer, agroforestry, fruits, nuts, berries, plant propagation, hydroponics, cut flowers, herbs, plant oils, poultry, worms, ferrets, organics, other alternative enterprises, general horticulture & agriculture. Please send SAE for a list to COUNTRY LIFE BOOKS, Cornish Rd, ARDMONA 3629.

'ORGANIC GROWING', Australia's national quarterly magazine for chemical-free farmers & gardeners. Practical 'how to' advice, + news of the organic scene the world over. \$3.20 per issue from newsagents or \$12 pa by subscription (Aus); \$16 pa (o/seas). For more info write PO Box 228, ULVERSTONE 7315.

RENEWABLE ENERGY WORKSHOP MANUAL & COMPONENTS CATALOGUE. Over 100 pp crammed full of the latest 'state of the art' solar/wind power equipment & energy efficient appliances. Thousands of products from key manufacturers such as Solarex, BP Solar, Arco/Siemens, Westwind, Survivor, Ampair, Enertec etc plus over 13 yrs practical experience to plug your world into 'Nature's Power Station' simply & cost effectively. Includes much valuable dealer info relating to system sizing & installation plus retail & trade pricing levels. To order your copy please send \$37 to Solar Technology Co, 31 Smith St, ESPERANCE 6450. Ph/Fax: 090-713-719.

ALSO AVAILABLE: Full environmental impact study commissioned by SECWA on the amazing 3 megawatt wind farm currently under construction at Esperance. This 90 p document contains plans of the largest wind farm in the southern hemisphere & cements the town of Esperance's future as the alternative enercentre of Australia. Send \$29 to Solar Technology Co, 31 Smith St, ESPERANCE 6450. Ph/Fax: 090-713-719.

CONTACTS

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your advertisement.

NSW

MAN, 27, n/smoker, s/drinker, good looking with a lust for life. I am of independent means & independent mind. I have not replaced myself on the planet yet (no kids). I am a talker & a listener, are you too? If you're under 35 & over 18 without any replacements so far & are adventurous, discerning & intelligent then come up and see me sometime! Dave (GR 95), C/- PO Box 242, EUROA 3666.

ANSWERING AN AD?

Please put each letter in a separate, stamped envelope addressed C/- GR. We will re-address and forward it.

HEALTHY, HAPPY, huggable 53 yo, sceptical, educated, adventurous, considerate. Interests: nature, subverting the dominant paradigm. Building in beautiful mtns near flourishing village. Seeking affectionate, n/s, vegetarian, independent man to share ideals & lifestyle. ALA. PO Box 850, TAREE 2430. **SENIOR SCIENTIST, semi-retired, n/smoker, n/drinker, 74 kg, 178 cm, seeks lady in mid 50s with sense of humour.** Interests: cinema, theatre, walking, gardening, etc. Full loving r/ship, trips away together. Write with photo. PO Box 202, CURTIN 2605.

GENT 37, tall, healthy, with a kind nature. Enjoys homelife, the outdoors & agriculture. Would like to meet a caring & gentle lady, interested in a perm/r/ship. Please reply PO Box 465, GYMEA 2227.

TRAVELLING NORTH May '93, seeking earth friends, M/F, as contacts/travel companions. 21 yo Sydney-sider, n/smoker, fit, fun, free, happy, energetic. Love nature, the beach, animals, real people, music, relaxing, enjoying life & feeling good. Hope to camp or live communally (hard working, qualified horticulturalist). Seek loving, intelligent, honest, gentle, free-spirited, beautiful people for friendship & adventure. Write to Annie (GR 95), C/- PO Box 242, EUROA 3666.

MALE, BLUE MOUNTAINS, young looking 42, slim build, 5'11, seeks lady 30-40 for ongoing r/ship. I'm versatile, active, s/drinker, n/smoker, a gardener by trade. Darrell (GR 95), C/- PO Box 242, EUROA 3666.

MALE, MID THIRTIES. Presently in SE NSW. Young looking, slim, beard, average height. Happy, friendly, sincere, kind, enjoys outdoors. Seeks slim, attractive, communicative, happy, independent, resourceful, co-operative, female companion, n/smoker, any nationality, share modest lifestyle, beautiful but low cost surroundings. Please send photo. All letters will be answered. Paul (GR 95), C/- PO Box 242, EUROA 3666.

MALE, 33 YEAR OLD, 5'10, n/smoker, wide interests incl New Age, music, fitness, reading, travelling, have professional job, desire to meet, active lady for friendship, enthusiastic times & fun. S H (GR 95), C/- PO Box 242, EUROA 3666.

LIVING WELLINGTON NSW, gay guy, 42. I am not in need of pen friends, just someone who wants a serious r/ship. If all goes well maybe you could move here to live, age is unimportant as is looks. A bit overweight, no problem, but must be straight acting. Steve (GR 95), C/- PO Box 242, EUROA 3666.

ACTIVE, RETIRED GENT in 50s, building a home in Blue Mtns, seeks woman for company & possible perm r/ship. Interests incl home & outdoor activities. Write H S (GR 95), C/- PO Box 242, EUROA.

I LIVE COMFORTABLY in semi-retirement on a few seaside ha sth of Sydney. I would like to share a pleasant existence with a special lady, to about 50, who appreciates the Australian bush & would welcome an opportunity to think & work away from city congestion. I am of very good physical appearance & condition, active, well educated, masculine, creative, artistic, free thinking, clean, tidy, practical, & popular with most. You should be of similar quality & genuinely desire to live in an unselfish partnership without restrictions or hassles. Please reply J R (GR 95), C/- PO Box 242, EUROA 3666.

HANDYMAN, 42 YEAR OLD, 6', happy, healthy, handsome, hard worker, initially shy but essentially adventurous, wants r/ship with loving, affectionate, older lady, (nth NSW/sth QLD). Interests: outdoor, most usual activities, wildlife, nature: indoor, good literature, poetry, peaceful music, companionship, parlour games, pantomiming, romance. Please reply (with photo). M D (GR 95), C/- PO Box 242, EUROA 3666.

CANCER, MARGO, 61 yo, greying gracefully, wish to contact kindred spirits with whom I can talk & do things together, near my age, n/smoker, n or l/drinker, who still likes the idea of ventures, walks, water, hills, families. Please write to Margo (GR 95), C/- PO Box 242, EUROA 3666.

CAPRICORN LADY, 43 YEARS OLD, living Blue Mtns. Enjoys bushwalking, picnics, music, animals, movies, crafts, gardening, good wine & quiet evenings. Seeking companionship, sincere, n/smoker gent to 50 yrs. Photo appreciated. Robyn (GR 95), C/- PO Box 242, EUROA 3666.

MALE, DIV, YOUNG 45. Slim, fit, sensual, living nth country town. Loves outdoors, gardening, music, swimming. Secure. Wishes to meet attractive lady 35+, no hang-ups, to share future. Appreciate a photo. Write Greg (GR 95), C/- PO Box 242, EUROA 3666.

**DEADLINES: GR 96 - FEBRUARY 19TH
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QLD

EUROPEAN, ATHLETIC, 22 YEAR OLD, 6'2, Taurus male. Inherited old house with 10 ac between Brisbane & Gold Coast on Albert River. Wishing to meet fun, lovable lady to share all with. Reply Farmer Tom, 6 Curtis Rd, LUSCOMBE 4207.

I AM A TYPICAL VIRGO MAN, late 40s, well educated with a professional position, rural lifestyle, don't smoke, am into home brew but not a yobbo. I'm neither religious nor a hippy, fairly quiet & easy-going, but make & live by my own rules for life. I'd like to make the acquaintance of a slim woman who is unashamedly feminine & happy with her traditional role in life, one who is looking for someone to complement herself & to enjoy honest & loyal companionship. Please write to: Box 5516, TOWNSVILLE 4810.

GRASSIFIEDS

CONTACTS

QLD

TALL MALE, slim, n/smoker, very l/drinker, affectionate, loving, European origin, searching for the lady who is compassionate, understanding, gentle, willing to share & is also looking for someone who knows what he wants & needs, someone with substance & meaning. Am 50 yo, country & home orientated, very practical, love nature, reading, animals, gardening, open to age. Photo most welcomed. Inspiration (GR 95), C/- PO Box 242, EUROA 3666.

FRUITARIAN GENT, young 62, n/smoker, s/drinker, fit, healthy, easy-going, interested in bushwalking, beachwalking, travel, sailing, ecology, fossicking, like quiet life, good sense of humour. Would like to meet slim, affectionate lady with similar interests. Write K J (GR 95), C/- PO Box 242, EUROA 3666.

YOUTHFUL 50 YEAR OLD guy, mature outlook on life. Now seeking a mature Eve to leave the rat race & build their garden of Eden. He: A builder, environmentally aware living in SE Qld, n/smoker, n/drinker, likes music, 10 pin bowling, swimming, self-suff, bush picnics & outdoor life in general. She: Anglo Saxon, 40-45, active, n/smoker, n/drinker, sincere, nonmaterialistic, peaceful, open-minded, likes animals & has green fingers. Contact: Peaceful Warrior (GR 95), C/- PO Box 242, EUROA 3666.

TOWNSVILLE NORTH COAST (or anywhere nice), modern-day Robinson Crusoe, 43 yo, English-Australian, looks OK (36-38), sml/med build, 11 st, intelligent, caring nature, definitely n/smoker/religious, excel sense of humour, environmentally friendly/safe. Many varied interests, swimming, beach & bushwalking, collecting fossils, fishing, music, rain, motorbikes, movies, good food & wine, romantic nights & much more. Dislikes pubs, clubs, football & cricket. Currently living in a tropical paradise, has both domestic & native animals, would prefer someone to come & live up here but would seriously consider relocating or investing in half share of rural property (but must have a few ac), open to good ideas & suggestions. Initially I would like to correspond, exchange photos, ideas, dreams, etc, with a nice homely compatible young lady, someone who really likes & understands the countryside, with the view to forming a perm/friendship/t/ship/ share life together. Interested? Then please write to 'The Castaway', PO Box 2435, AITKENVALE 4814.

SEPARATED MALE, 31 yo, n/smoker, s/drinker, 5'8, wiry 9 1/2 st, with 2 sml children, looking for a caring lady to become my best friend. Living on my own sml property 60 km from Brisbane GPO, my burning ambition is to obtain some measure of sustainable living. Current passions incl kids, horses, gardening, cooking, trees, building, hard work & real 3 dimensional people. Contact Sustainable Horseman (GR 95), C/- PO Box 242, EUROA 3666.

HI! I AM A SOLE PARENT, male 33 yo, with 2 young boys, living a nice alternative lifestyle on 100 ac of nice bushland at Moogerah in SE Qld, seeking friendship/t/ship with a caring individual woman to 35 who likes alternative medicine & good vegetarian food, healthy & loving lifestyle, children OK. Reply to D McKay, C/- PO Box 7, KALBAR 4309.

If you doubt the wisdom of replying to any ad - don't!

SA

YOUNG, SINGLE, 40 yo, looking for lady to settle down with & have good r/ship & good companion. Darryll Degewaro, C/- Thompson Caravan Park, WALLAROO 5556. RETIRED AUSTRALIAN GENT, 65 yo, correspond with genuine GR lady. Interested in travel, c/vanning, bush, cooking, gardening, lawn bowls, share remaining lifestyle. Have sml fruit orchard, Riverland. For perm r/ship. Write Box 217, RENMARK 5341.

WARM, CARING WOMAN, div, 48, n/smoker, s/drinker, would like to contact genuine, thoughtful, affectionate, man. My interests incl walking, the bush, travel, photography, swimming & classical music. It's nice to share cuddles, laughter & conversation. Jean (GR 95), C/- PO Box 242, EUROA 3666.

MALE, 48 YEARS OLD, young at heart Aussie, 5'5, seeks caring, loving, young lady 30-40, fair hair, trim, n/smoker, must love country music, horses, travelling, town or country living, please enclose photo, will reply. Roger (GR 95), C/- PO Box 242, EUROA 3666.

WA

GEMINI WOMAN, 25 yo, p/t student & worker: warm, attractive, likes laughing, drawing, reading, walking, diving, dancing, films, animals. Looking for slowly blossoming friendship via correspondence with funny, exciting, thoughtful, 'hint-of-hippy', life loving man. Photo appreciated & reciprocated. CJP (GR 95), C/- PO Box 242, EUROA 3666.

SLIM, 5'2, 42 yo, dark haired, brown eyed, down-to-earth female with 11 yo son & middle class background, outgoing & into gardens (am landscaping my own), dancing, travelling, good conversation & homely living. Seeking gent with sense of humour & similar interests. Write to Ros (GR 95), PO Box 242, EUROA 3666.

MALE, 37, no children, s/smoker, s/drinker, musical, artistic, unpublished author, homesick for Scotland, rebuilding new world, seeks slim, intelligent lady to 40 with a view to starting over. Photo appreciated. Doug (GR 95), C/- PO Box 242, EUROA 3666.

ANSWERING AN AD?

Please put each letter in a separate, stamped envelope addressed C/- GR. We will re-address and forward it.

TAS

TASMANIA, 35 YEAR OLD male, estab vineyard & building home sth of Hobart, needs life partner. Has heart for children, lots of laughs, easy lifestyle. Not into anything in particular, just goes with the flow. GPO Box 1899, HOBART 7001.

I AM A 46 YEAR OLD, Taurean lady, 5'5, quite presentable, slim, with 2 children. My interests are reading, books, music, animals, & old houses. I am educated, enjoy wine & good conversation & country living. I would like to find a man who has similar interests, is a n/smoker, intelligent, romantic, has a sense of humour, is n/religious, likes children, whom I can trust. Sue, PO Box 100, LILYDALE 7268.

NT

SINGLE MAN, 36 yo seeks single country lady about same age to love & to share life with. I am 1.8 m, slim, n/smoker, but can enjoy a s/drink, n/drugs. I enjoy music, bush exploring, swimming, trail bike riding, indoor games, good food & watching movies. Also have a sense of humour, like animals & self-suff living. I operate my own business in rural area. Please write PO Box 37143, WINNELLIE 0820.

VIC

COUNTRY GENT, semi-retired, n/smoker, s/drinker, tall, slim, practical, affectionate & caring. Living SE Vic, wants relocate nth. Country living, swim, dance, travel. Seeks mature, optimistic, responsible lady, for equal friendship/perm/t/ship. R T Mackenzie, PO Box 86, MEENIYAN 3956.

MALE, 30 YEARS OLD, fit & healthy, spiritually alive vegetarian, n/smoker, n/drinker. I enjoy a wide variety of activities that are down-to-earth & close to nature. I am loving, gentle, sensitive, affectionate & caring. I seek the company of a genuine like-minded lady with view to the possibility of a serious t/ship. Reply to D McBain, 1170 Deans Marsh Rd, BAMBRA 3241.

GR PENSIONER, 56 yo, with Kombi, & all camping necessities, searching for Utopia, seeks lady pensioner as company. Age unimportant, but must be prepared to share everything & return to nature. Children welcome. Photo appreciated. Contact Brian, Box 203, GEELONG NTH 3215. Ph: 052-290-156.

LONELY WIDOW, 49 yo, 5'2, easy-going, likes the country life. Looking for friends &/or a special someone to share her life with. A P (GR 95), C/- PO Box 242, EUROA 3666. FARMER HAS IDYLIC life, share with slim, n/smoker lady 45+. Interests, painting, classical music, gardening, golf, mud building, poetry. Ph: 054-632-353.

GEELONG, SINGLE WOMAN, gentle, caring, 37 yo, 5'6, enjoys social life, n/drinker, l/smoker, n/drugs, seeks kind single man 35-40 for companionship. Hope to share following interest: crafts, music, animal welfare, environmental issues. Photo appreciated. 'Gemini' (GR 95), C/- PO Box 242, EUROA 3666.

GRASSIFIEDS

CONTACTS

VIC

MALE, 40 YEARS OLD, unemployed, separated, romantic, quiet, Cancerian, love kids, many interests, looking for feminine lady, totally honest, old-fashioned values & morals, enjoys closeness, togetherness & the bush. I live in a bungalow & only have myself to offer, all replies answered, but please be honest. J (GR 95), C/- PO Box 242, EUROA 3666.

I'M LOOKING FOR MY LADY to share my life. I'm male, early 40s. The lady would be single, n/smoker, n/drinker, must have a love, concern for animals & be interested in the farm, land & environment type issues. F N (GR 95), C/- PO Box 242, EUROA 3666.

PLACING AN AD?

See page 69 for details.

OTHER

FIJIAN INDIAN, 22 yo, wishing to correspond with Aust male up to 40 with view to marriage. Reply to Miss Sadna Wati, C/- Sheikh Ali, PO Box 15585, Suva, FIJI ISLANDS.

We rely on the integrity of our advertisers, however ads appearing in this magazine do not necessarily have the recommendation of Grass Roots' publishers or staff.

ASTROLOGER WANTS 15-17 January 1961 woman, grow 40 x \$8K/ha/yr/ Ti-tree. Larry Stevens, COOYAL 2850.

FUJI/INDIAN GIRL, 18 yo, machinist, seeks, correspondence with Aust man, view to marriage. Sarojni. PO Box 119, Lautoka, FIJI. 'HARMONY FRIENDSHIP CIRCLE' magazine putting you in touch with natural friends interested environment, alternative therapies & a healthy stress-free lifestyle. Write today. PO Box 555, MALENY 4552. Ph: 074-942-626.

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Please refer to page 70 for details on how to advertise.

Sender's Name For issue No/s.
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 General advertisements cost 30¢ per word, and property for sale is 40¢ per word.

Feedback Link-Up Feedback

Dear Grass Roots,

I am interested in BAMBOO AND CANE to grow and where to buy or obtain. If anyone has any information as to where I can obtain plants, growing conditions, also names of books on this subject and how to make furniture etc, I would really love to hear from you. There was an article in GR 69 on bamboo together with an address of a Hans Erken of Rollands Plains. I wrote to this person but my letter was returned, address unknown. Maybe someone knows where Hans now operates from and whether he is still dealing with bamboo.

Ellen Ford

PO Box 44, BONGAREE 4507.

Dear Megg, David & Readers,

I still have plenty of US AND CANADIAN PENPALS, wishing to correspond with Aussie organic gardeners so if you'd like to send an SAE please I'll eventually get back to you. Last year the letters were coming while I was in hospital and a well meaning daughter put the unanswered ones away. I discovered them only last month, but I've since been incapacitated with glandular fever and bronchitis, so please hang in there.

I am looking for a recipe for LENTIL BURGERS like the ones I buy at the Healthies shop at Garden City. Also any other vegetarian burger recipes people may care to send.

Shirley Svenson

C/- J Doyle, 520 Musgrave Rd, COOPERS PLAINS 4108.

Dear Grass Roots Readers,

Would anyone be able to advise me as to where I could purchase, or how to make, MOULDS FOR GARDEN ANIMALS or gnomes?

Jackie

PO Box 852, PIALBA 4655.

Dear GR Readers,

I have enjoyed reading *Grass Roots* for many years. Unfortunately I have lost my old copies of GR. I had a recipe for making dog biscuits that I think was published about 8 years ago. Do any readers have that recipe? I would love to have it again as we have just acquired a small puppy and I prefer to make my own DOG BISCUITS.

Also we are NEW VEGETARIANS. We gave up meat a year ago and feel much better for it, and would like to swap recipes with other vegetarians. We still have a lot to learn and would appreciate any tips. Has anyone succeeded in converting a pet cat or dog to being vegetarian? Any advice would be appreciated.

Mrs Mary Brähe

PO Box 389, MAITLAND 2320.

If you have access to the back copies of GR, the following issues make reference to vegetarian dogs: 36:9; 37:5,7,9,3; 38:9,4; 39:9,0. Recipes for dog biscuits can be found in 21:9,7; 22:9,1 and 48:6,9.

Feedback Link-Up Feedback

Dear Megg & Mary & Everyone Else,

Just before Christmas I received a CHAIN LETTER. My address was obtained from my letter in *Grass Roots*. I have sent a copy of the letter to the Department of Consumer Affairs here in Brisbane who I feel are the only ones to deal with rubbish like this. I have also sent a copy to the editors of this magazine.

At first I was angry about receiving such a letter from another reader of GR. Then after reading the contents and the supposed 'testimonials' I was very sad to think that in these very tough economic times desperate people will spend money they cannot afford on these get-rich-quick schemes, which I imagine lead to heartbreak when nothing happens. I hope another warning can be placed in the magazine warning readers about not getting involved in these schemes.

Helen Dawkins

25 Argyle St, RED HILL 4059.

Dear GR Readers,

Is there anyone out there living with FIBROMYALGIA? If so, would they consider dropping me a line please? I've lived with this for years and now my daughter is developing the symptoms. For her sake I'd like more of the kind of information that only another person with this condition can share. My way of coping is to think, 'It's not contagious or life threatening, so don't worry about it.' My daughter is adapting. However, it's difficult to remember that on a bad day.

For anyone interested in an excellent book, I recommend *Backyard Self-Sufficiency* by Jackie French. It's packed with information, and is a delight to read. I love Jackie's sense of humour, especially the bit about milking guinea pigs. I couldn't help wondering if the poor little guinea pig would co-operate with the would-be milker.

Robin Blessing

PO Box 331, VICTOR HARBOR 5211.

Dear Grass Roots,

I am writing in reference to Terry Tranter's comment in GR regarding people obtaining information through their LOCAL LIBRARY instead of GR. I too have read GR for many years and was very surprised to read that a fellow grass rooter would be so narrow-minded as to think all GR people have easy access to a library. (Most of which are very limited with GR information.) I buy GR magazine because of the wealth of information, knowledge and contact with like-minded people and am sure others feel the same way. I enjoy reading other people's queries and the answers they receive.

M Jacka

DEREEL 3352.

Dear Grass Roots Readers,

I have experimented in growing, curing and MAKING TOBACCO. I use an old food processor and the product is similar to American Bull Durham Burly Tobacco. Does any reader know how to make a hand or automatic slicer or shredder to make ready-rubbed type tobacco? I would appreciate any letters.

John G Sundman

24 Nix St, West End, TOWNSVILLE 4810.

Dear GR People,

My husband is European by birth and would like a recipe for making SAUERKRAUT, so could anyone help us out? We would also like a recipe for bottling green beans. Please write into Feedback. Thank you.

Mrs C Moot.

Hi Everyone,

I have a partnership in a clothing business in which we design, manufacture and wholesale NATURAL FIBRE GARMENTS, catering to the 'alternative' youth market. We do so whilst trying to remain as environmentally respectful as we can. Presently, all our clothes are made from cotton, some of the fabric is left naturally unbleached, the rest we have dyed.

There is a NEW DYEING PROCESS available called Smart Cotton Colours which has taken a step toward being safer for the environment. It uses less salt, water and power and the dye stuff fixes up to 40% more than the conventional dye, so therefore less goes down the drain. Unfortunately the smallest quantity of one colour they will process is 5000 metres, which is well and truly out of our boundaries. We tend to need 100-500 metres at a time. Is there anyone with any ideas here?

Ideally I'd love to find someone who is set up to do the quantities mentioned with natural dyes. Are there manufacturers about that could share the 5000 metres with us? We generally use muted earthy tones.

We are also concerned about the amount of fabric scraps being wasted. Our larger scraps will mostly go to a friend making kids' clothes, but still plenty of cotton is left over. There must be something useful to do with it. We hope to move into wool, silk and leather further down the track, so if anyone knows about textile recycling please let us know.

Our cheesecloth comes wrapped in a thin, cellophane-like, plastic that tears easily, so is useless for our own purposes. Is there a way of recycling this? Also if there are any crafts-people that make interesting NATURAL BUTTONS please let me know as we're always on the hunt for something new. Any response will be greatly appreciated.

Cindy Hattingh

C/- PO, ST ANDREWS 3761.

Dear Megg, Mary & GR People,

I would like to offer a RECYCLING IDEA. Any tins, milo, treacle, golden syrup type with the press-in lids can be used like this: Press in the lid and tighten it with a few bangs with a hammer. Using a large nail perforate the lid with a couple of dozen holes. Turn the tin upside down and remove the bottom with a can opener. This makes the perfect shrub and tree seedling pot. When the time comes to plant the seedling, simply remove the lid carefully and place the whole thing in the hole without disturbing the roots. The tin will rust away before the main stem becomes large enough to be cut by it. I also use all my jam tins this way for striking cuttings instead of using plastic pots. There is one tin I am particularly fond of using for young fruit trees. It's found in Woolworths (SA) and is a three litre pineapple juice tin.

I'm in my late 50s, had 6 children spanned over 21 years, married twice, now single with youngest son (aged 16) living at home. He is a disabled person, looks as strong as an ox but is unfortunately very frail, is a Down sufferer, and has renal failure and a broken back. He is a darling and his personality more than compensates the disabilities. Lots of work, but well worth it.

We have a quarter acre block and a really old cottage I'm renovating. Been here five years and have cluster-planted a third of the block with fruit trees, have heaps of smelly plants for potpourri, have a dozen or more herbs, lots of vegies and flowers everywhere all mixed up together. The back third is a mini-farm with geese, ducks, chooks, pigeons, goat and lots of native birdlife in the gum trees. I read a lot, love oil painting, do heaps of craft work, crochet, knit and have just started making a bit of homemade lace, knitting it on my granny's old hat pins. I have some really old cook books, one goes back into the 1800s and another is pre-1920 and a couple late 20s and early 30s. The recipes are for huge quantities, like 1/2 sheep, 4 lbs carrots, 4 lbs onions, 6 lbs potatoes, 2 turnips, for a lamb stew! I just love reading them.

Isobel Turner

53 Willow Ave, MURRAY BRIDGE 5253.

Dear Grass Roots,

Further to *Browsing Through* (GR 92). Eggplant is also a member of the pepper and tomato family. There are two other main families: The cucumber family, comprising cucumber, gourd, melon, pumpkin and squash and the cabbage family of which broccoli, sprouts, cabbage, cauliflower, kohlrabi and turnips are members. A valid reason for crop rotation.

Jerry Webb

BOGAN GATE 2876.

Dear GR Readers,

I represent 30 people in Footscray who have been granted the use of a block of public land for a COMMUNITY VEGETABLE GARDEN. We'd like to receive letters from anyone who has helped to start one before. Also, we'd like to learn more about permaculture and any organic gardening methods. Does anyone know if there's a copyright on using the name 'Permaculture'?

Ken Hayes

Secretary, A Community Garden for Footscray
32 Pilgrim St, FOOTSCRAY 3011.

Feedback Link-Up Feedback

Dear GR & Readers,

I am writing in hope that someone can help. I am 26 years old, a Leo, and the father of two children (a girl 5 and a boy 2). I am presently in gaol until the 8th March '93. Due to a split with my lady six months ago I am in need of SOMEWHERE TO LIVE. I don't necessarily need a house with any mod cons but what I'd need is a base to build on. I can build, fix or grow most things as I enjoy carpentry, mechanics, gardening and most other things to do with trying to live self-sufficiently. I love animals, camping, pottery and leather work. I am a social drinker, I smoke, I love music, open fires, a warm heart and good food. I realise that people may be a bit apprehensive because I am in goal but if you write to me I will write to you personally and we can see if we are what we each are looking for. Ideally, I would like a single lady, maybe with a young family, that needs a man to help renovate or repair her house and look after some animals and grow some vegies while enjoying the life in the bush. However, the situation doesn't have to fit that and all letters will be answered. I just want somewhere that I can live and enjoy the surroundings and help out if able. I am willing to pay my way and do my bit. Since I have been in goal I have learnt a lot about not taking things for granted and making the best of what you have. I would appreciate any replies and even if you would like to just write and say hello that is OK.

Tony Munro
PO Box 166, BATHURST 2795.

Dear GR Readers,

In response to a letter in GR 91 by 'The Witness' offering help for PROSTATE GLAND TROUBLE, I can add to the information supplied there. Pumpkin seed oil has been found to be a most effective aid in the treatment and prevention of prostate gland problems. Each teaspoon of the oil is equal to 200 pumpkin seeds. An elderly friend of mine had this problem for 10 years and found relief for the first time. Pumpkin seed oil is available in Queensland at health food stores and is also supplied by mail order by Herbal Imports Australia, PO Box 904, Holland Park West 4121.

Trisha Smith
178 Arthur Tce, RED HILL 4059.

Dear GRs,

Re STARTING LATE IN LIFE to build and be alternative. I advise Neil and Ella from Daisy Hill (GR 92) to go for it. You are only as old as you feel. My wife and I are in our 64th year and when I finish the two storey home that I am building for a friend we too will be buying in Queensland. There we intend to build again (our seventh house) and be alternative. I do cover myself with life insurance in case of my death mid-project. One thing I have discovered when building for others is that they never seem to appreciate the time and money required to complete the project when working alone, so don't set unrealistic targets. I am not a builder. I became involved in building homes when as a migrant with little money and a wife and four children it was a case of 'necessity becoming the mother of invention'. It also made excellent occupational and educational therapy for our children.

'Ubique'
BLUE MOUNTAINS.

Dear Megg, Mary and Mob,

My interest in GR was rekindled a year or so ago when you published a request of mine for a THRESHING MACHINE. From the request I received one letter! And would you believe it was asking for copies of all the info I received! The only conclusion I can draw from this is that either no one processes their own grains, or those that do can't write. Perhaps I should try again with an easier question. Can someone supply the name and address of a breeder of Plymouth Rocks and Minorcas?

While I have pen in hand, a request in GR 92 for a book on COOPERAGE. Yes I have one. I have photocopies of a book called *The Cooper and His Trade*. It is 85 pages long. I personally know a working cooper. He is a sixth generation cooper who uses tools from five generations ago. I don't know that he would want his name and address broadcast so if you want his name and address please write.

Colin Turton
RSD Woodmans Rd, NEWSTEAD 3462.

Dear Readers,

Can you help me please? I am looking for the names and authors of any books on ALTERNATIVE LIFESTYLES, festivals, Woodstock era - anything to do with the alternative movement, also travel stories.

Also, is there anyone who knows anything about the disease *Arthrogyposis congenita multiplex*?

Lesley Hunter
RD3, Otorohanga, Nth Is, NZ.

Dear GR Fellow Readers,

We would like to know more about shrubs and trees that thrive in SANDY SOILS, especially natives. We are limited to acacias and gums at present. Does anyone know how to cope with gorse without spraying and can you stop it coming back?

We are a couple of Kiwis who have moved to Tassie and enjoy it, but I agree with Pam Graham of Hobart (GR 92), we are finding it difficult to fit in. And yes, Tassie is very beautiful, great for a holiday. You can't keep moving on all the time, it becomes expensive. So we will stay and enjoy it. We would love to correspond with people, Kiwis would be great. We also have an interest in Staffordshire Bull Terriers. We have our first pup, Jock, who is a lot of fun.

Fiona & Robert Cockburn
RSD 868, Foreshore Rd, KELSO, TAS.

Dear GR Readers,

It has been a while since I have written and I am now a sole parent of two children (Max 4, Zoe 2). I moved into this area after the collapse of my marriage and hope to purchase my own piece of dirt to live on. My first request is for any ideas on how to LIVE CHEAPLY AND SAVE MONEY and how to generate some extra income from the home (being on a pension is limiting). Also is there anybody who is set up and living a sustainable life on the land in the area that I may visit or talk to so that this former city girl can get some experience?

Jane Lawson
4 Gundaroo Pl, CHURCHILL 3842.

'Living Better for Less' is full of ideas to help you live an economical and satisfying life. \$9.95 posted from Night Owl Publishers, PO Box 242, EUROA 3666. There is also a very useful publication called 'Making Money from Home' which outlines over 80 ways of earning money. \$7.95 from some newsagents, or ring the distributor on 02-360-7566.

Hi Folks,

Like many others out there I'm living on a suburban block. However, from this block I have lychee, lemon, carambola, white mulberry, cashew, jakfruit, nashi, peach, rose apple, lemonade, fig, custard apple and a few more. Unfortunately I have had little or no success with berries - raspberry, blackberry, blueberry, redcurrant and blackcurrant. I don't know why. I have lost my recipes for fruit fly attractant. Can anyone send me some more please? We also have some chooks (both bantam and large) and a duck but recently have found we have a confused pigeon. Once a week we get a minute egg in the laying boxes!

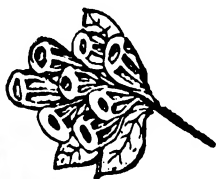
I have a recipe for anyone who has problems with commercial SHAMPOO AND HAIRSPRAY. My friend has used this for 18 months and all her scalp rashes have gone. Wash hair with 1 egg yolk, rinse. Pour through 1/2 cup milk, rinse. Then mix together 2 cups vinegar, juice of 1/2 lemon, cup chamomile tea, 1 teaspoon of honey and enough warm water to make up 1/2 litre and pour through hair. No need to rinse.

If you wish to use hairspray equivalent: After the above, towel dry hair and rub through one whisked egg white and then mix 1/4 teaspoon gelatine in 80 mls warm/hot water, put in pump/spray bottle. Spray liberally through and set or blow dry hair.

Also, if anyone would like information on a government approved, independent, nongraded primary school which teaches children in a happy, caring environment, at present it only has 20 children, write to me for info. My son has attended for the last six months and is very happy, relaxed and learning a range of subjects such as the 3 Rs, Japanese, computer skills, art, craft and cooking.

Feel free to write and if you are passing you're welcome to a cuppa.

Tracey Walleit
9 Galvin St, LAWNTON 4501.



Gumnut Gossip

by Megg Miller.



The first two months of the year are a quiet time for us, a period when holidays can freely be taken, changes around the office implemented and even tidying up attempted without causing undue inconvenience. Mind you, we're ready for this lull after the busy rush of December. It's a frantic month in everyone's life; we're no different, we have a lot to squeeze in to a short working month. On top of the usual workload there are gift subs and orders to go out, Christmas cards to be written, and the challenge of completing most of the production work before our annual Christmas-New Year closure. We generally stagger off home feeling that we've earned this break.

December was a little more trying than it's been other years; for several weeks we were without our typesetting system. It succumbed early in the month to 'burn out', a rather acrid smell notifying us of its demise. Clearly a new board at least was required. It took several weeks and many trips back and forth to Shepparton before the repairs were successfully completed. One takes goods and services for granted in urban areas, they seem immediate and accessible. It's not so in the country and the interminable waiting for parts is surely one of the major drawbacks of rural life. Our delay was prolonged further by strike action amongst the transport workers and we wondered for a while if we would get the machine back in time to output pages before Christmas. Celia was a trooper, following its progress by phone, going into town numerous times to try it and then returning it again when gremlins appeared. When she finally had it up and running there was a pile of work on her desk so high we could hardly see her, but she managed to get through most of it before setting off to make merry during our break. There are probably stories of unmet deadlines and hastily averted catastrophes behind most magazines and periodicals, their well finished presentation a reflection of the hard work that goes into producing them.

We like our subscribers to receive their GR before it's released by the newsagents and accordingly, wrap and post them some 5-6 days prior to its release. Not so our December issue. These copies were late going out and we apologise to subscribers for this. We're not sure why, but somehow the freight company responsible for delivery sent them off to NSW. It was several days before they were located and then additional time before we would receive them. It's to the company's credit that their local branch appreciated our dilemma and put themselves out to deliver before working hours. This was to mean a 5 am start and I promised to be there with reinforcements to help unload. When the alarm went off I struggled into clothes and went over to light up the office. As there was no sign of the truck I returned to bed and lay there, clothed and shod, awaiting its arrival. When I woke again it was 6.30 am and to my shame the 46 heavy boxes had been unloaded - singlehanded. David and I had slept through the dog barking, the rattle of the truck and the sound of all those boxes being carried up the steps and deposited in the office. Were we embarrassed! We know it's disappointing when the magazine arrives late and hope the hold-up caused minimal inconvenience. We were feeling

bad about it when a note from a concerned subscriber arrived and cheered us considerably: 'I had been wondering where the magazine may have got to, then seeing it in the shops last week my knees went weak with fear that I had overlooked my renewal!' Hopefully there weren't too many weak knees around Australia.

There are a couple of comments I want to make regarding letters. The first concerns chain mail, which is becoming a problem for many of those whose addresses are published in GR. Numerous types of chain letters are being circulated and several contributors in the current Feedback refer to these. On page 9 we have commented on this irritating occurrence and rather than repeat it all again ask that interested people read it. It is worth remembering that many of these letters play on our inner fears, threatening us with bad luck if we don't participate, yet it's obvious considerable numbers of people ignore them without suffering dire consequences. We suggest you destroy such nuisance letters or lodge a complaint (with the letter) to Consumer Affairs in your capital city. Such schemes proliferate during economic downturns; it's a pity their perpetrators don't look to books like *Making Money from Home* (see page 81 for details) for more dependable projects.

Many of the Feedback letters we receive have an accompanying phone number and we're not always sure if this is meant for publication or not. We appreciate being able to make quick contact with a contributor when content or spelling needs clarification so it's handy for us if phone numbers are included, but please indicate whether it is for publication or not. Similarly, if contributors want to retain their anonymity they can publish under a pseudonym or care of our post office box, however it is essential they also provide their own name and address which we'll treat with confidentiality. We haven't, nor do we intend, trading our reader list, so contributors can feel secure that their privacy is not going to be violated. No accompanying name and address, no publishing of the letter.

Our office is usually a quiet place, a hive of activity in the midst of farmland, its isolation enabling us to concentrate our work into a part-time week. Alas, our oasis has undergone a forced metamorphosis since the latest recruit began work. Sunshine joined us during December, her youthful irreverence and enthusiasm shaking us from our complacency. New phrases abound, we're offered sticks of gum, and the end of the first week were having favourite songs played on the local FM radio station. She's adjusting well to the rigours of employment, a far cry from a previous holiday job here several years back when she sighed loudly all the time and put everyone off their work. Now she's grappling with the complexities of grammar and worrying about what may have been missed during proofreading. It's refreshing too sharing a young person's viewpoint and I think we will all gain much from the cultural exchange. We only have Sunshine until late February when she will be off to university, but with the long vacations tertiary students enjoy I can envisage further work sorties in the future. *Grass Roots* may never be the same again!



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